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During the transition from "Summertime" to "Schoolltime" several Panthers decided to welcome new and returning students in a big way. Their efforts helped to set the pace for another exciting year of learning on the "Four Year Trail."

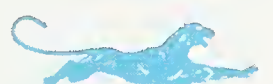
POTOMAC SENIOR HIGH SCHOOL

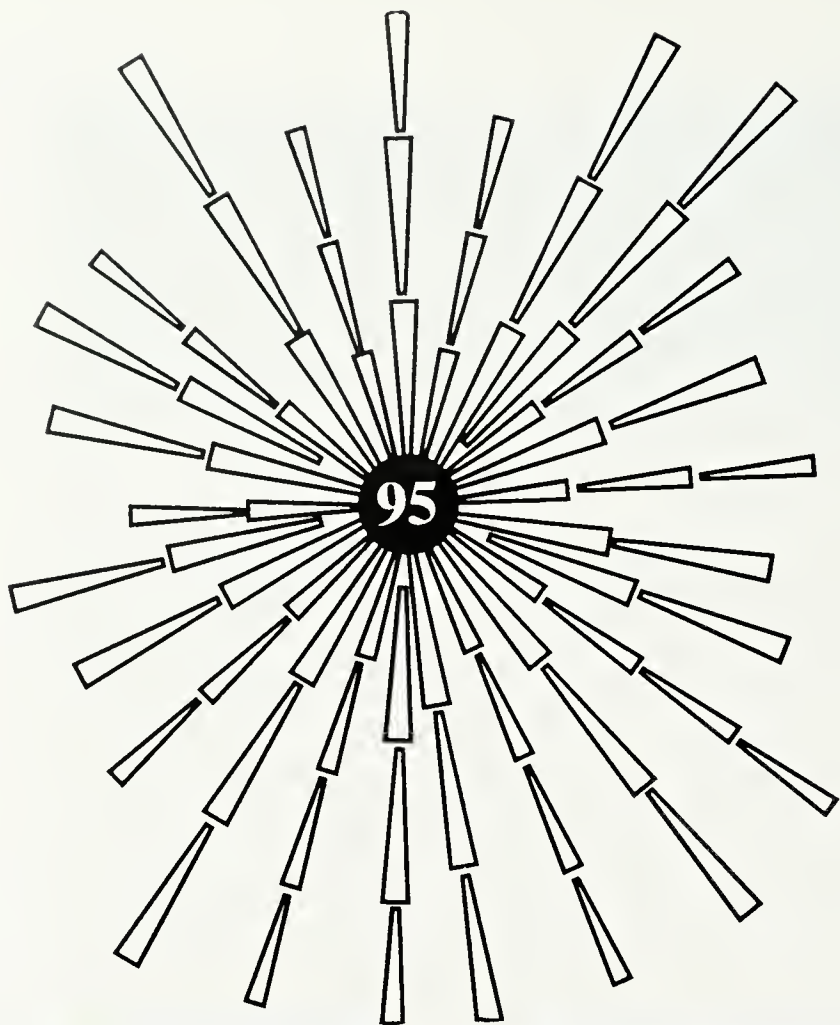
16707 Jefferson Davis Hwy
Dumfries, VA 22026
(703) 221-1134
Enrollment: 1399



New students, like James Nieves, often have mixed emotions about high school life. From the looks of it, James was pleasantly surprised to see that the learning process at Potomac includes time for fun - like the Homecoming Dance.

One of the most important lessons taught on the Four Year Trail is the value of friendship/teamwork. It helps students to meet the many challenges they face in and out of the classroom. In the case of these seniors, one of their challenges was to help make "Spirit Week" memorable for all. Think they got an "A" on their assignment?





Student Life



Partnership is a an essential element in Potomac's educational philosophy. Students interact with each other and teachers to give and get the best from each.

Physical fitness can clear out the cobwebs from the mind while prolonging life, so students are encouraged to develop life long fitness interests.





Pride, Purpose, and Precision are desired Panther traits. These traits, demonstrated by the Pantherettes, are essential for students who wish to complete their journey on the Four Year Trail.



Passing - the ball - the test, each is important. Competitive sports provide many students with a needed outlet for their excess energy as long as academic standards are met.

Playing and partying also have a place at Potomac. Not to much, but not too little either!



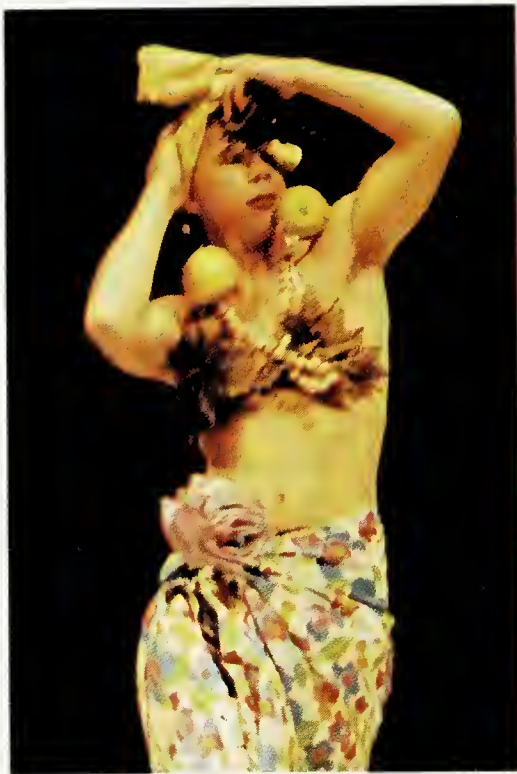
Potomac Day

When youth has passed us by and we look backwards at the important days of lives, undoubtedly, many of them will center on our time in high school. One of the days we might focus in on is Potomac Day.

The day was filled with a myriad of activities sponsored by community members, parents and staff. They included a mini antique car show. Great wheels! School clubs set up activity and information tables. Potomac teams hosted clinics on the tricks of their "trade".

Faculty members volunteered to be targets for experiments conducted to develop the best pie throwing technique. Water pistol experts from around the campus were happy to see they could earn bragging rights for extinguishing candle lights from a suitable distance. Crafts and tasty snacks were available for sale during the day.

All the day time activities set every



Your guess! Is it Carmen Miranda or Chris Crowder doing this "Chiquita Banana" routine?



one up with a hunger for more food and fun. The hunger was satisfied by an excellent pasta diner and the Mr. Potomac Pageant took care of fun. The honest and good natured laughter generated by the contestants is what made this an important day for many. - Rachel Keen/Tommi Woodson

Many people, like Stacy Goldsmith got "moo-ed" at Potomac day as a way of raising money for the school. Some, like Robert Guerra, psyched themselves up for the hazardous egg race. Others enjoyed Mr. Mike Young's running commentary on their efforts to "air mail" cream pies to Mr. Mike Dyre.





A Potomac Day guest has her face painted by Tommi Woodson. Nice thing about face painting, its not permanent. Meaning, you can wear flowers by day and stars by night.



Matt Boyd goes for a long one during a Potomac Day soft ball game. Emily Hargrove does some quick reloads for the water pistol game. Students and teachers are engaged in the candle snuffing contest. John Walsh and Scott VandeSant practice their waltz routine for the "Mr. Potomac" Pageant.



Community members, Potomac parents and staff members sponsored arts and crafts sales during the day to help raise money for the school's extracurricular activities and donated a lot of tasty treats to munch on during the day while asking for chaparrones to support Grad Night.



One Moment in Time

Prom Night '94 was a moment in time filled with excitement, beginning with the arrival of limousines for some and for others getting the keys to mom and dad's car. Exchanging courages, finalizing curfews, and dinner out on the town also help to make the event memorable.

This year the Prom was held on a Friday night. Students were permitted to leave school after third period to finalize their preparations. "I had a lot on my agenda that required me to leave school early. If I couldn't have, then I would have never been on time to the

Prom," said Stacy Goldsmith.

Decorations and glamour engulfed "Promers" at the Radison Hotel, located in Crystal City. "There was lots of food and decorations, it was great! I felt so special knowing all the effort and work I put out to get here was worth it," said Kristy Finucan. The theme "One Moment in Time" was expressed on souvenir napkins, glasses, and keychains which were given to the attendees to make the memories of this special time last.

When the dance finally came to an end, the "Promers" were not quite

ready to let the evening end. Many students went off to finish their evening (actually morning) at a friend's house, or restaurants - to get a quick bite to eat, for an extra burst of energy. "I had fun at Prom, it was special and memorable. Like most people, afterwards, we hung-out with a few friends," said Jimmy Queen.

The Classes of '94 and '95 followed through on their pledge to make their moment in time a drug and alcohol free event. This pledge helped to ensure a fun as well as safe time for all! - Kim Fincham and Stefanie Hall



The Radison Hotel, as beautiful on the inside as it was on the outside, was a great place to hold a Prom.



Students, guests and chaperones gather in the Radison's lobby anxiously waiting for the Prom's festivities to begin.





Jimmy Queen, Theresa Weitzel, Kim Fincham, and Tim Reagan make some final adjustments before driving off in style to the prom.



Mmmm...looks good! There were plenty of tasty refreshments for all to snack on between dancing and socializing as this quest was to find out.



Stacy Goldsmith and Mike Daho join others in a bit of socializing on their way to the dance floor.

Eileen Hjiem adjusts Andy Anderson's collar while waiting for the line to wind down to capture this special moment in time with a picture.



After being crowned Homecoming King and Queen, Tony Johnson and Michelle Coxtton lead off on the traditional Homecoming Court dance.



The Trail's End ???



co-Valedictorian Miranda Johnson shared her version of the "ABC's of High School" with fellow graduates.

The Class of '94 definitely left a big impression on the campus!



co-Salutatorian Pam Slater's "Time to Remember" aptly described life on the Four Year Trail.

co-Salutatorian Brian Abell's presentation stressed the "importance of family" in one's life.



Every journey has a logical end point. For the Class of '94, graduation day served to mark the end of their required travels on the Four Year Trail. The day was hot and sunny, a good omen for people on the move. The seniors were filled with a mix of emotions: joy, relief, pride, anticipation, and possibly a bit fear as they organized for the last few steps of their journey through high school and the start of new adventures in life.

While going through her "ABCs," Miranda Johnson

"There were some rough times, but now that it is over, I'm glad that I stayed on course." - Louis Martinez, Class of '94

spoke of the "journey of life" and the need to avoid a course that might be wrong for the individual. Pam Slater keyed in on Billy Joel's song, This is a Time to Remember, recognizing the need to move on, as well as the need of seniors to carry their memories with them. Jenna McGuire urged her classmates to dream the dreams that will serve them as a bridge to the future. Brian Abell reminded his listeners of the need to nurture dreams and to use challenges as stepping stones on the path of success.



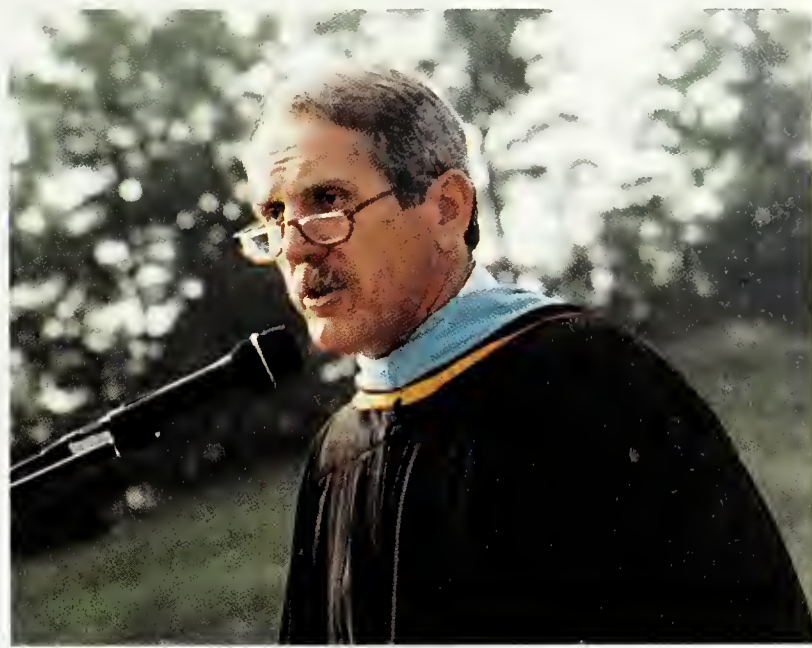
co-Valedictorian Jenna McGuire encouraged her classmates to follow their dreams.

Sometimes the "longest" part of a journey covers only a small distance, like that covered by the Class of '94 as it moved out to its graduation ceremony.





Guest speaker, Judge Janice Brice Wellington, offered some words of wisdom and congratulations to the graduating class.



Potomac's Principal, Mr. Michael Campbell just before he pronounced the words all of the seniors were waiting to hear. "I pronounce you to be"

"...GRADUATES"



The Class of '94 wasted no time in expressing their reaction to Mr. Campbell's pronouncement.



GRAD NIGHT



Sean Kirkhart tried his luck at "bluffing at the tables," while fellow grads Jamie Ardiaolo and Chris Crowder placed mental bets on the "house" winning. Its a good thing for Sean that only play money was involved.



Potomac Counselors have a reputation for going to great lengths to assist students. Mrs.Carol Wakefield demonstrated this clearly in her attempt to steer T. J. Hindgardner through Grad Night's festivities.



CLASS OF '94



Grad Night '94 provided attendees a safe way to have a "wet and wild" time to celebrate their graduation. Any bets on whether or not Chris Wakefield won this "Top Dog" challenge?

Tom Bouchard and Adam Fautinowski checked out a special non-alcoholic brew prepared by parents and faculty before rushing back to the night's activities



Soccer buffs Chris Frankin and Leo Valle listen to why they can't use their feet in this game, while Crystal Ferguson figures out the game's strategy.



No! Jena and her friends were not hired to entertain the graduates. They were at Grad Night to have fun. From the looks of it, that just what they did to make the memories of their graduation a bit more "special."

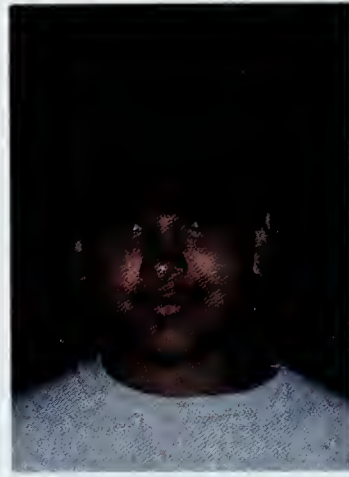


A party without singing is not much of a party. Arnelle Croom and Dorothy Cobbs teamed up to fill in the blanks spaces in the music with some of their favorite songs.



Homecoming

" I felt honored to be a Homecoming Prince. It was fun and a new experience - participating in Homecoming activities." - Jimmy Hanson



"Homecoming is a time to show your Panther Pride and Spirit." - Jennifer Henderson

At The Movies - Memory Keepers

Despite the ups and downs of Spirit Week, Homecoming '94 turned out to be memorable for all. Class days were filled with academics and activities designed to build school pride and a sense of family. Each day had a theme. Monday was, for some, an extension of sleep

time as pajamas were the uniform of the day. Tuesday found students laughing at themselves as they vied to out-nerd each other. Wednesday brought about some role reversals, at least when it came to dresses - Mrs. Doubtfire doubles were all around the place. Thursday's theme centered on Major League

uniforms. On Thursday evening, a bonfire was set up to warm people's spirits along with music from several bands. Friday brought in a bit of blue and white, with seniors sporting togas.

The Homecoming game and parade were shifted from their traditional Friday night slot to Saturday afternoon.

Despite the change, they were great events. The Homecoming dance and court presentation also proved to be a lot of fun. — Rachel Keen

Homecoming '94's royal couple, Ryan Jacoby and Wendy Hornback, found it a bit difficult to retain their regal composure watching their court's antics.

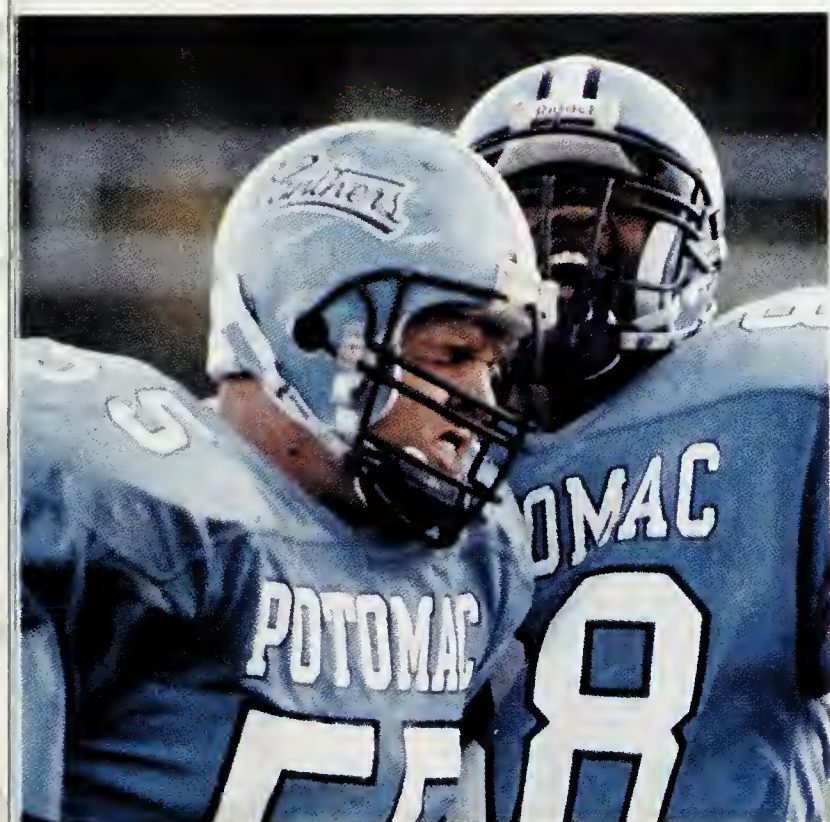




The Panthers gave the Homecoming crowd an enjoyable game to watch with some good offensive action and a determined defense.

The Homecoming Pep Rally and bonfire helped to light up the night sky and the students spirits.

"Homecoming is a great experience,... you get to go with someone you really care about." - Amie Dotson



55's thoughts - maybe! "Yeah, go ahead and laugh. Next time it could be you that gets slammed."



The Homecoming Parade was filled with some exciting floats, built by the classes and clubs on campus. This one helped to welcome alumni with a "sneak preview."







The Road Not Taken

by: Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel them both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence;
Two roads diverged in a wood, and I-
I took the one less traveled by,
And that has made all the difference.



Down The Trail

To some, the Four-Year Trail is just a road that takes people to a destination; to many it can signify the years spent preparing for their future. Everyday students and faculty travel up/down this road. "After graduation, I'm worried about when I get to the point where the trail ends," stated Shameka Soares. Is there really an end to the Four-Year Trail?

Not really, many may loose contact with the Trail and move on; but sooner or later all will find a trail, somewhere, that brings them back, mentally if not physically, to where they started.

The Four-Year Trail does aptly represent the years spent at Potomac preparing to meet life's challenges! When one combines the Academics, Athletics, Adventures, and Adversities faced

on or near the trail, one can see it as a link for four of the most important years of a student's life.

Kelly Hixson said, "Some of my best times were spent at Potomac and on that road." Jimmy Queen had a different opinion, "I don't find anything exciting about Four-Year Trail, it's just a road that takes me to school everyday." What is it to you? - Kim Fincham



Trees, wildlife and people! What more could you ask for? Its interesting to watch your friends and others change (grow) like the seasons seen on the Four- Year Trail.



Many memories were made while navigating the twists and turns of life on the Four-Year Trail by students and faculty!

Cars and trucks have always been the preferred method of travel on the trail. Jimmy Queen managed, day after day, to make it to school in his slammed Mazada.



*"...Four-Year Trail...a road of memories."
- Michael Cooper*

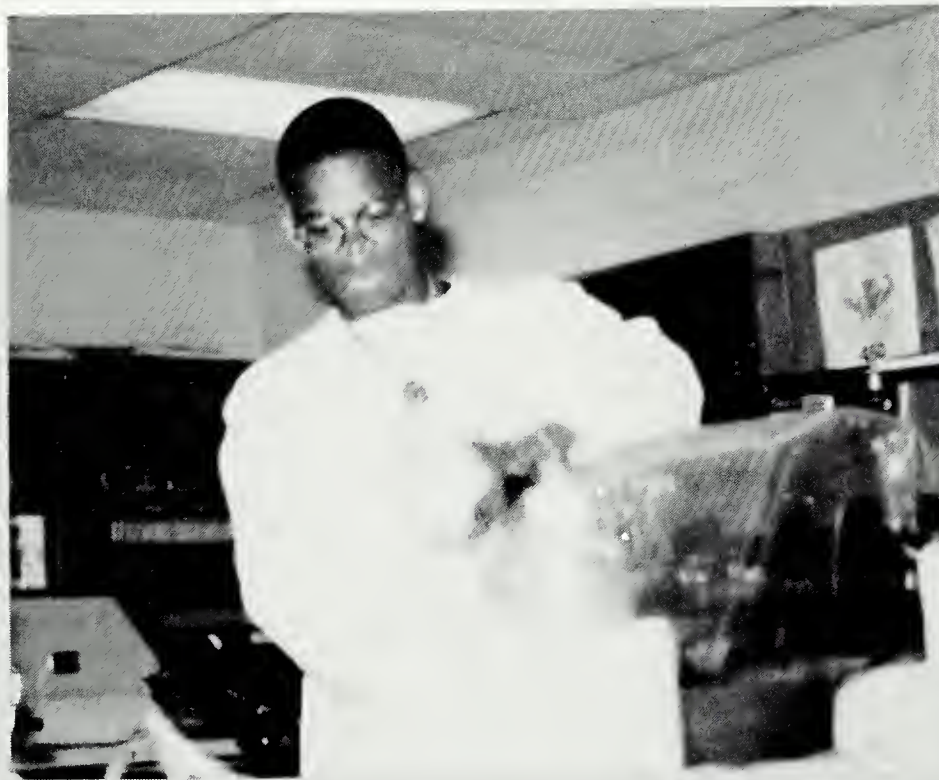


"...Four-Year Trail...a road that takes me to school everyday." - Jimmy Queen



Seniors

Manufacturing classes enable many students to gain practical experience in production theory and practices. John Goode put them to the test as he finished up on a project.



The Homecoming parade gave clubs like VICA a chance to show their handy work. Chris McCarty and Randy Merrill pose as employees of the famous AMC theater chain.



Sometimes, but not always, senior student aides like Jayme Pavia and Ryan Jacoby got to take a break and work on some of their own concerns.



Safety, teamwork, and sharing are part of the daily requirements of a science class. Jason Heatwole and Holly Krass seem to be sharing some inside information (joke), as well as using their safety glasses properly.

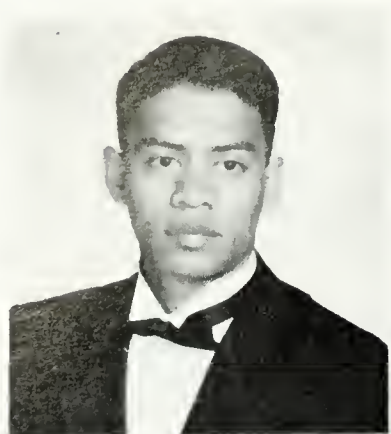
High school life is designed to help people adapt to the many roles they will play in life. Acting classes/productions enabled students such as the normally reserved Quincy Queen to demonstrate their creative side.



Life is not always easy. Sometimes students need to take a break. We don't know if David Peck's look was because he was tired or didn't like the "Gator Aide."

Some people find sports to be "uplifting." If you look closely, you will see that Moira John-Williams went airborne as she moved towards the finish line.





Alain Acuesta



Joseph Adriance



Syed Ahmad



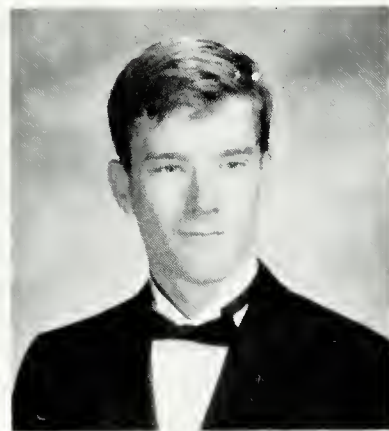
Catherine Alberts



Umer Ali



Stephen Alder



Jonathan Allen



William Aulson



Jill Autrey



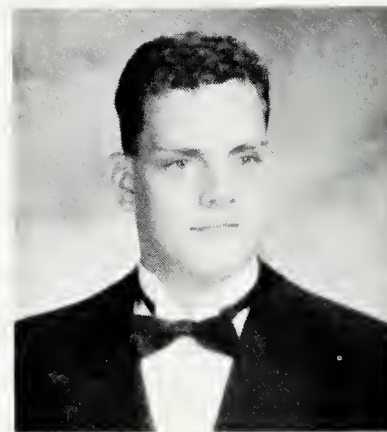
Cortez Baker



Kara Baker



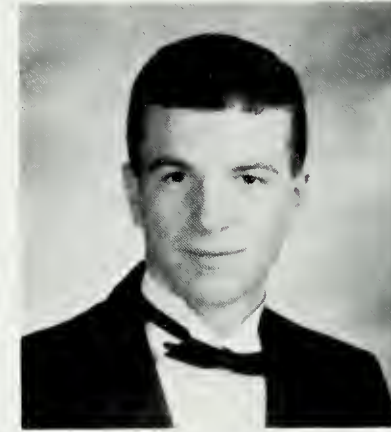
Amy Bann



Michael Barrett



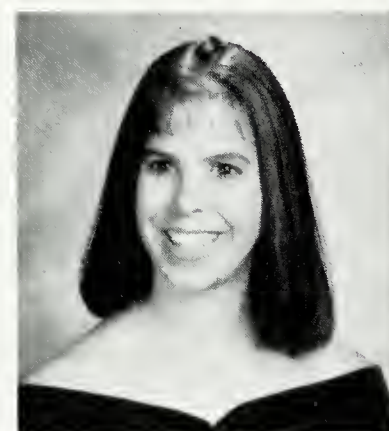
Kelly Basista



David Bassett



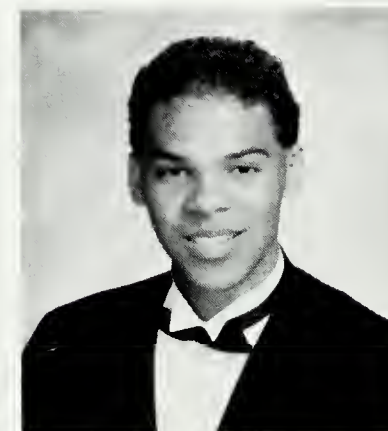
Angelita Bates



Danielle Bernier



Lisa Bond



Martin Boone



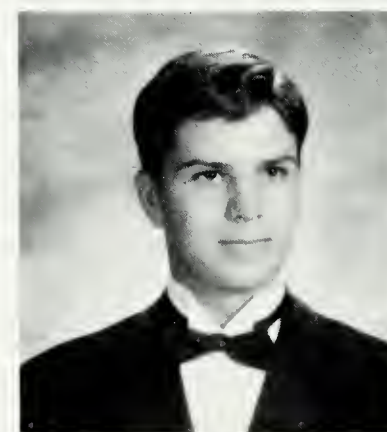
Amy Bowen



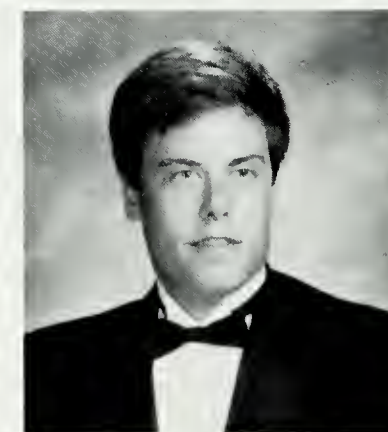
Christie Bower



Stacey Bradshaw



Clayton Breeding



Todd Brewer

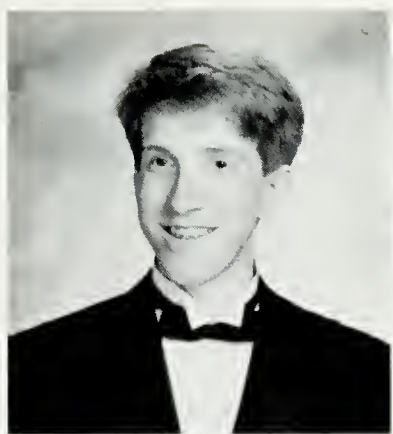


Crystal Broomall





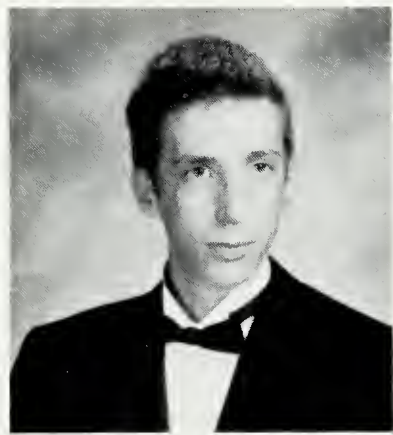
Timothy Brothers



Benjamin Brown



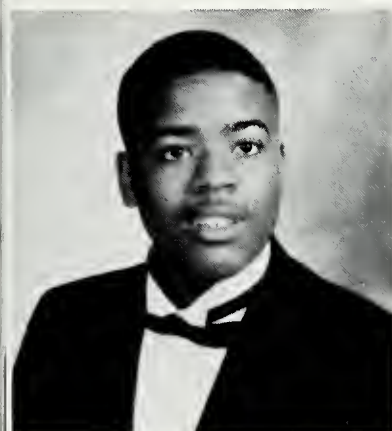
Christopher Browning



William Bryan



The Guidance Office did a great job of keeping seniors, interested in college, advised of "free" and "not so free" opportunities they could try to help pay for their tuition.



Jamal Bryant



Adrian Buffington



Rhiannon Burruss



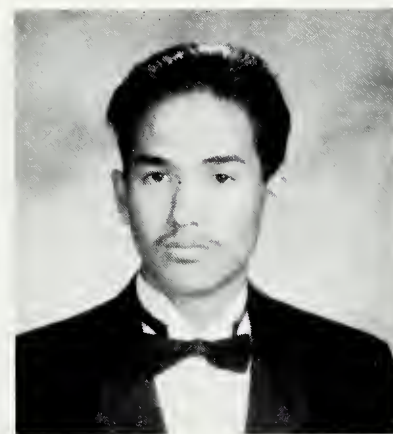
Kristin Burton



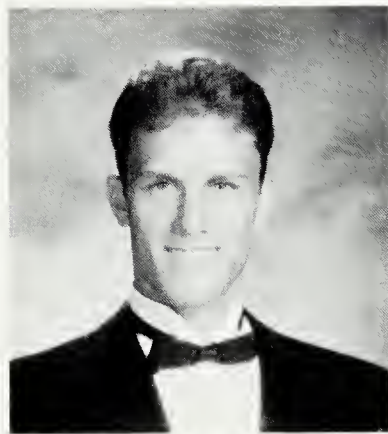
Brian Buser



Melissa Bushey



Windyl Butler



Scott Calhoun



Jessica Campbell



Bonnie Carr



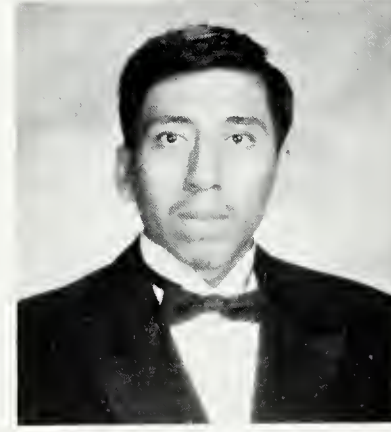
Connie Carr



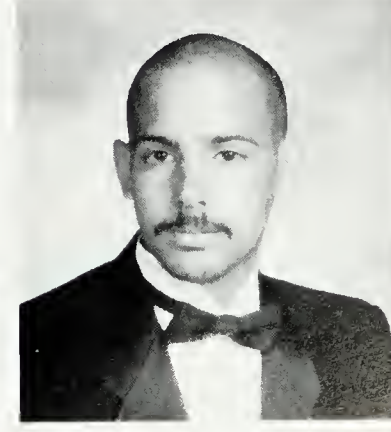
Jessica Caseman



Juan Castillo



Carlos Centeno



Christopher Chandler





Yun-Seo Chang



Eric Chapman



Vonetta Chapman



Monica Chase



Amber Chipps



Mei Chiu



Laura Clark



Tamara Clayton



Jennifer Coimbra



Kenyada Cole



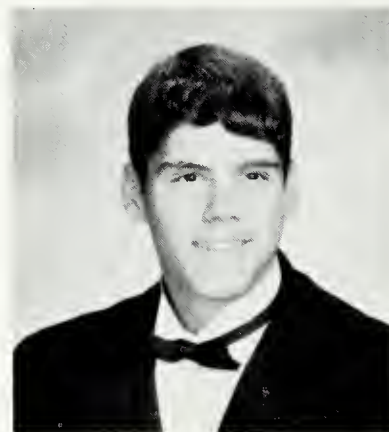
Quentin Collins



Michael Cooper



Chris Copenhaver



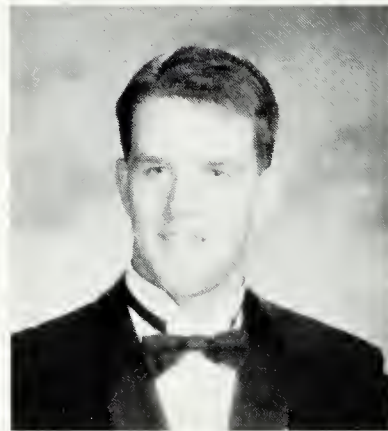
Michael Costa



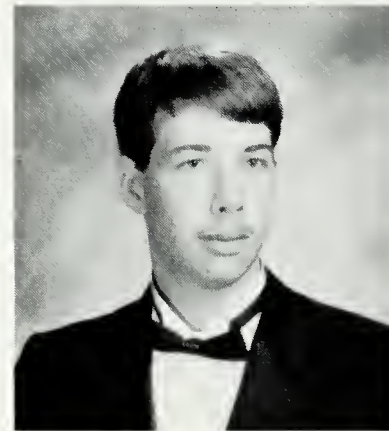
Brandi Cottle



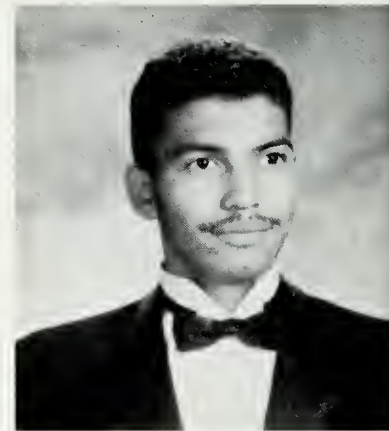
"Studying? Me? Studying?!"- Re-Re Burruss



Burt Covington



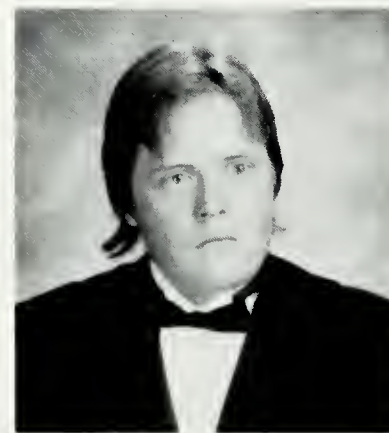
William Crawford



Francisco Cruz



Isam Daho



Emmett Daniel



Monique Davenport





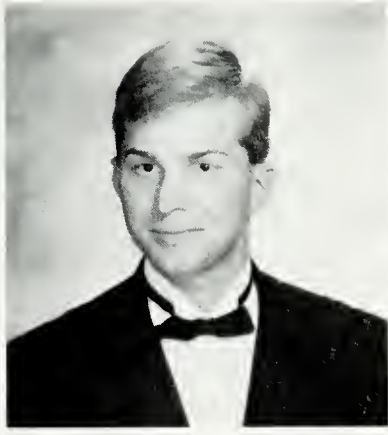
Kristopher Davis



Gary Davis Jr.



Karen Dennison



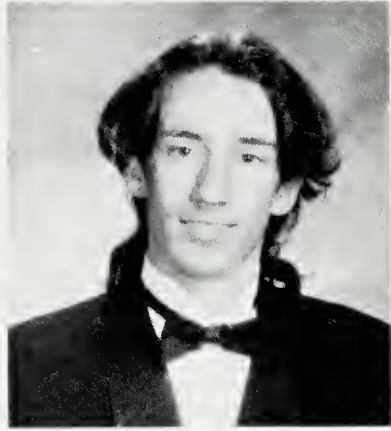
William Deck



Tracey Dent



Juliet Desena



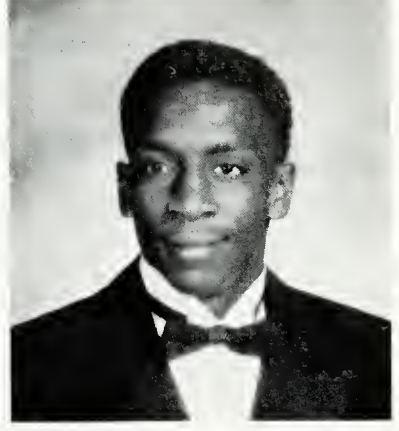
Michael Desmond



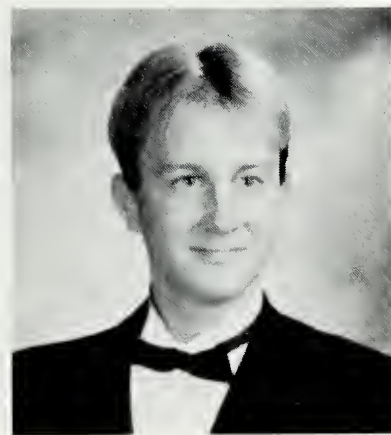
Brent Driver



Nyle Duncan



Robert Edmonds Jr.



Jan Eisen



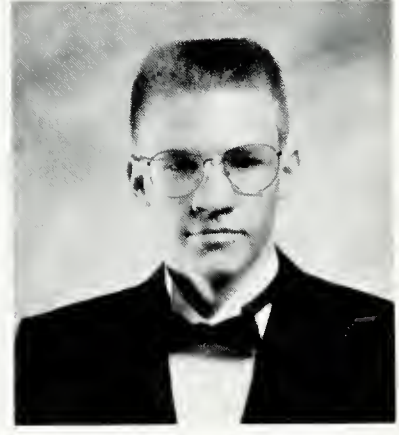
Katy Elmore



Paula Evans



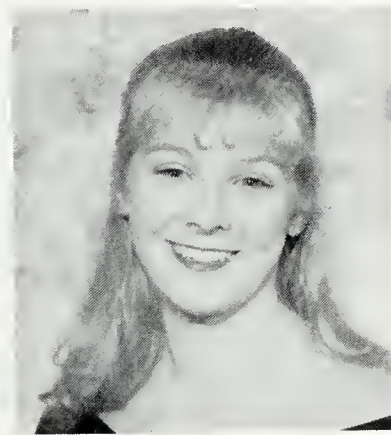
Kimberly Fincham



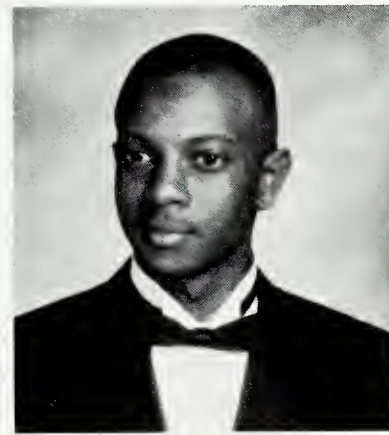
Benjamin Finelsen



Cheryl Finucan



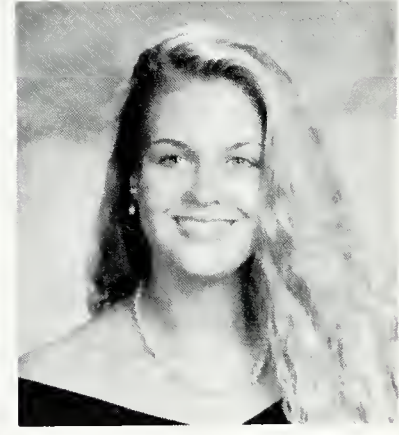
Melissa Fisher



Erskin Fox



Sharon Fox



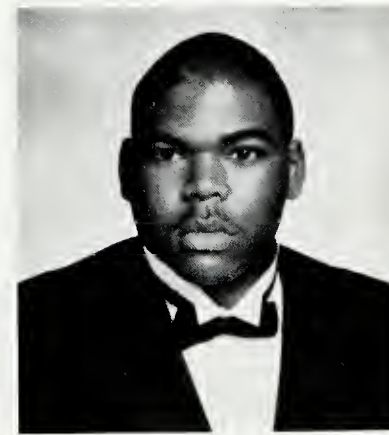
Samantha Freeman



Christine Friend



Michelle Fryer



Vaughn Fuller



Angela Gallo



Romina Gallo





Gerald Gardner



Nicole Garrett



Evelin Garrido



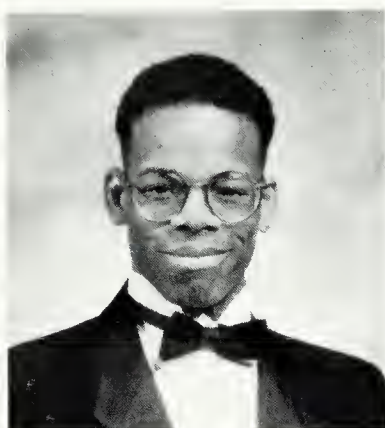
Joanne Gee



Robert Gillette



Stacey Goldsmith



John Goode



Kimberly Gould



Chrishana Graves



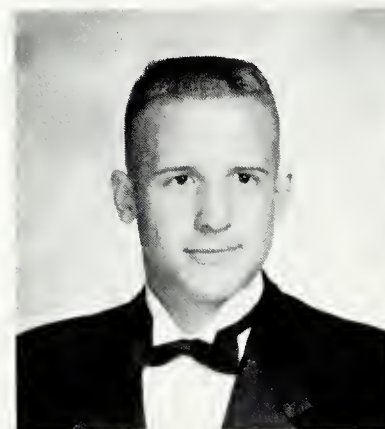
Christina Graves



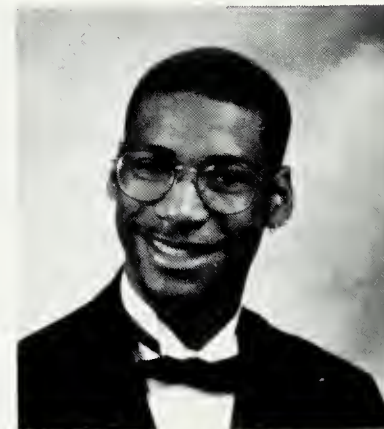
Shavonta Green



Thomas Greek



Elie Griffin



Milton Grubbs



Ana Guerra

SENIOR POLL

FAVORITE HANGOUT

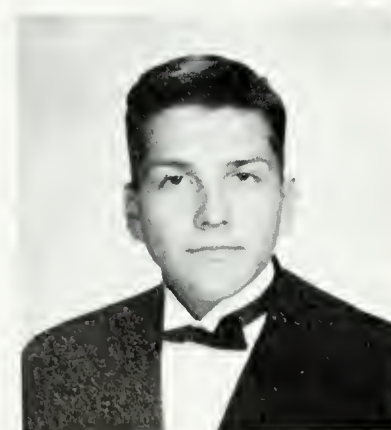
1. *Friend's House*
2. *Da Mall*
3. *Clubs*

FAVORITE SPORT

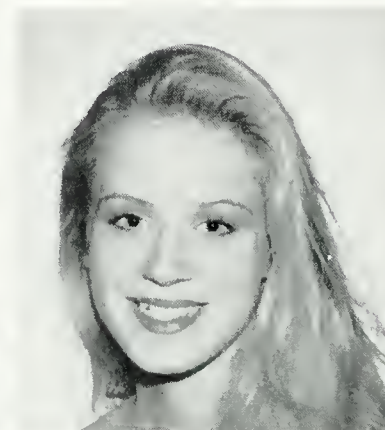
1. *Basketball*
2. *Football*
3. *Baseball*

FAVORITE MUSIC GROUP

1. *Boyz II Men*
2. *Jodeci*
3. *Junkyard*



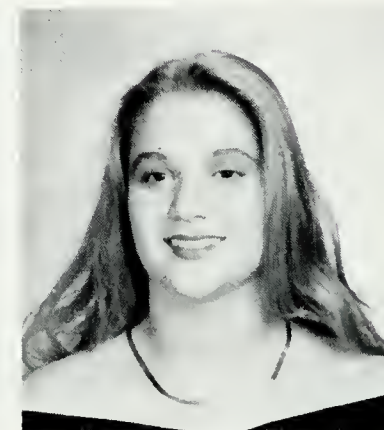
Robert Guerra



Chrissy Haines



Stefanie Hall



Shiela Hardy



Melissa Harner

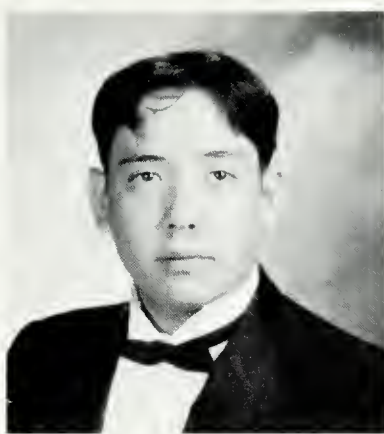




Scott Harris



Hilary Hartt



Gunther Hasida



Bryony Hasychak



Aubrey Heasley

SENIOR POLL

FAVORITE SONG

1. *On Bended Knee*
2. *I'll Make Luv 2 U*
3. *Creep*

FAVORITE SAYING

1. *Its all good!*
2. *What's Up?*
3. *Let Me Find Out.*

FAVORITE PICKUP LINE

1. *Lets line wrestle!*
2. *Don't I know You?*
3. *What's Up?*



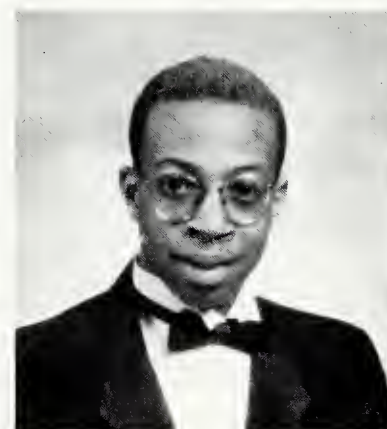
Jason Heatwole



Kimberly Herd



Jennifer Himes



Selvan Hinnant



Kelly Hixon



Delores Holcombe



Shannon Holladay



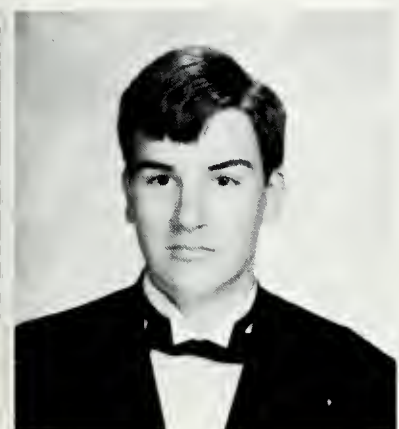
Steven Horn



Wendy Hornback



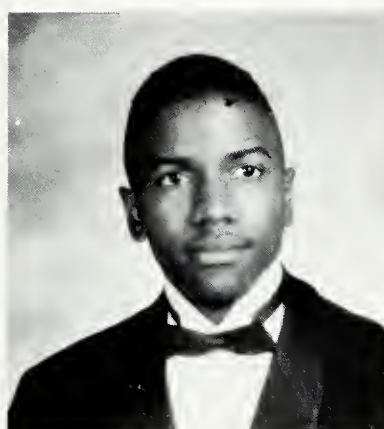
Christina Huffstickler



George Hummel



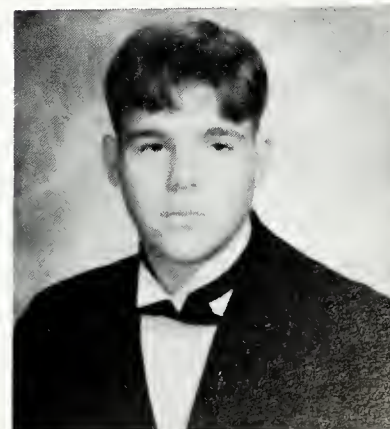
Channa Jackson



Marvel Jackson II

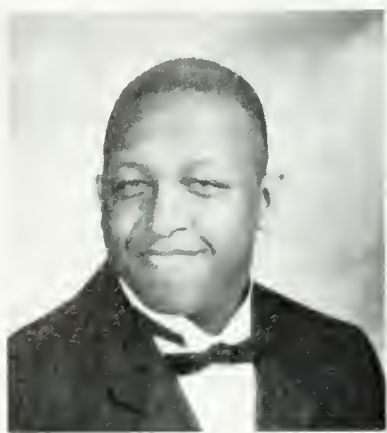


Michelle Jackson

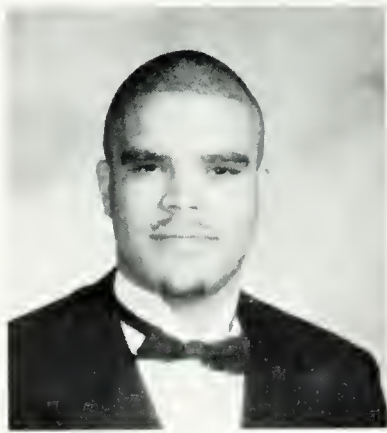


Ryan Jacoby





Antonio Johnson



Herbert Johnson



Tim Johnson



Moira John-Williams



Amber Jones



Jennifer Jones



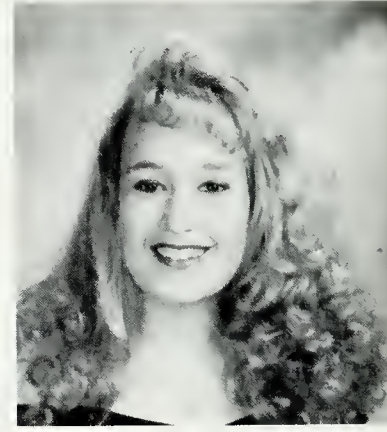
Taherra Jones



Tiffany Jordan



Stacy Kafouros



Kristine Katsarelis



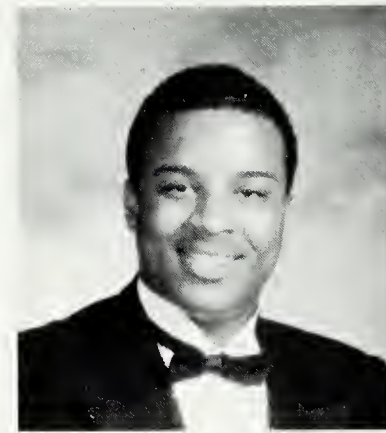
Misty Kell



Adrian Kidwell



Min Kim



Robert Kimber



Barend Kimble

SENIOR POLL

FAVORITE MOVIE

1. *Lion King*
2. *The Crow*
3. *Interview w/a Vampire*

FAVORITE ACTOR

1. *Martin Lawrence*
2. *Wesley Snipes*
3. *Brad Pitt*

LEAST FAVORITE

1. *Bob Saget*
2. *Tom Arnold*
3. *Chris Elliot*



Brandy Knight



Michael Koontz



Holly Krass



Chrissie Ksanznak



Christopher Kwiatkowski





Jennifer Lamont



Erik Larson



Katie Laskey



Jason Latimer



Gina Lester

SENIOR POLL

FAVORITE ACTRESS

1. Sharon Stone
2. Jada Pinkett
3. Julia Roberts

LEAST FAVORITE

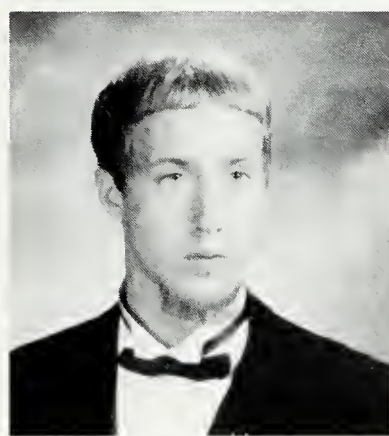
1. Madonna
2. Rosanne
3. Sharon Stone

FAVORITE CARTOON

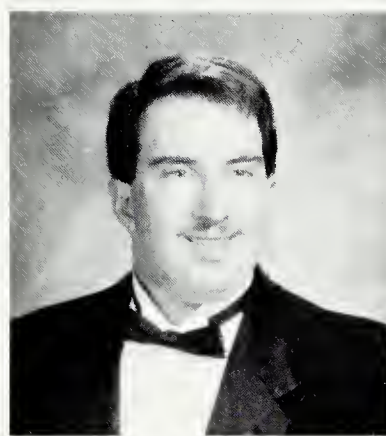
1. Anamaniacs
2. Looney Tunes
3. Scooby Doo



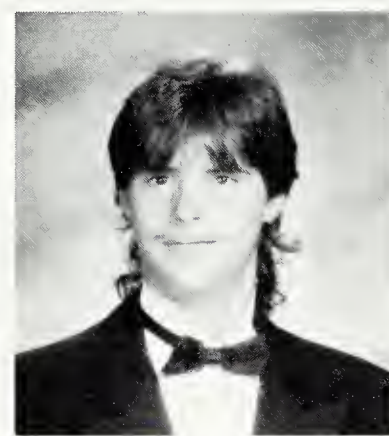
Matthew Lynch



John MacCallum



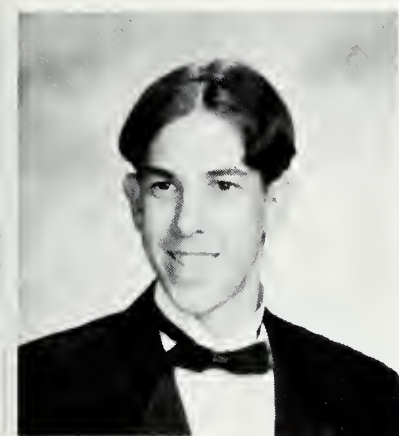
Christopher Malter



Timothy Marbaker



Sheri Martin



Christopher McCarty



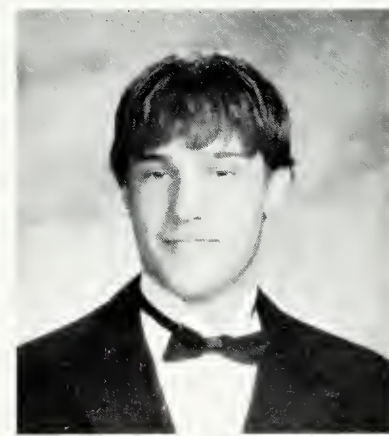
Ebony McCormick



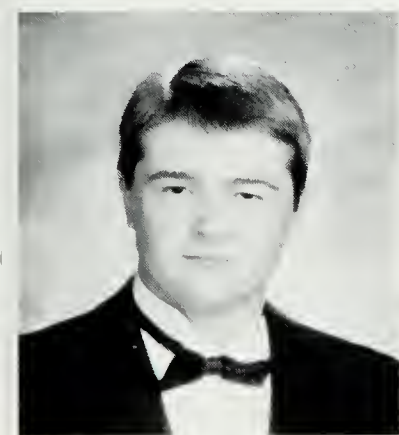
Melanie McCosco



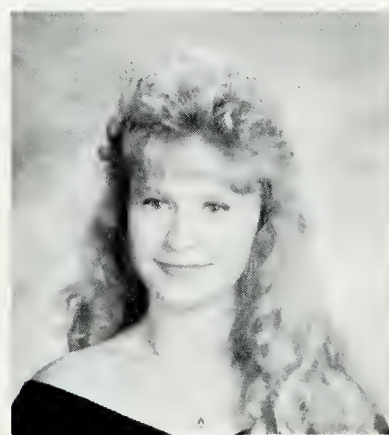
Jasmine McReynolds



Joey Melice



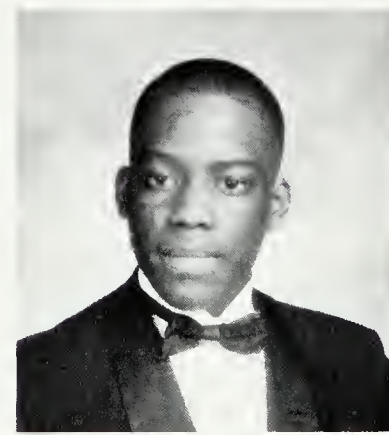
William Merrill



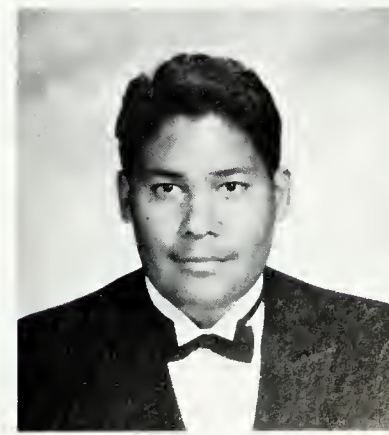
Tammy Miller



Teresa Mirkovich



Robert Mitchell



James Mercado II





Lucien Modesto



Lacreatia Moore



Jacelyn Moros



Shawnte Morris



Joseph Murphy

SENIOR POLL

LEAST FAVORITE CARTOON

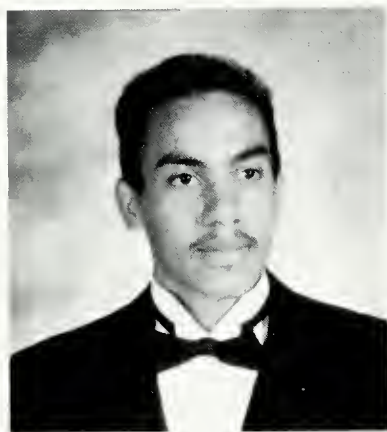
1. *Power Rangers*
2. *Beavis & Butthead*
3. *Ren & Stimpy*

FAVORITE TV SHOW

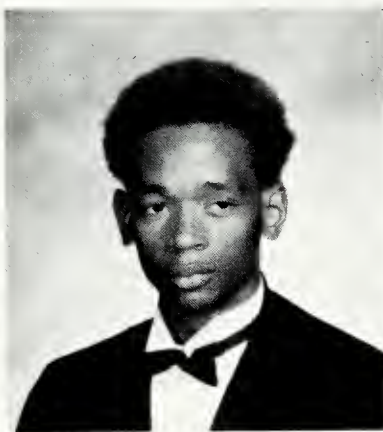
1. *Martin*
2. *NY Undercover*
3. *My So-called Life*

LEAST FAVORITE TV SHOW

1. *Power Rangers*
2. *Full House*
3. *Barney*



Allen Muro



Michael Neal



Camille Nelson



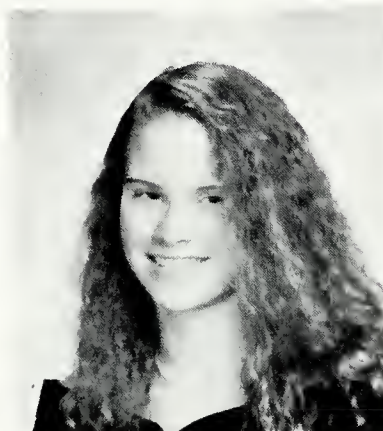
DeJonaba Newby



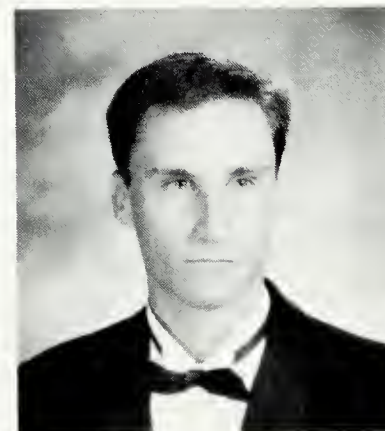
Brooke Newey



Michelle Nicoloson



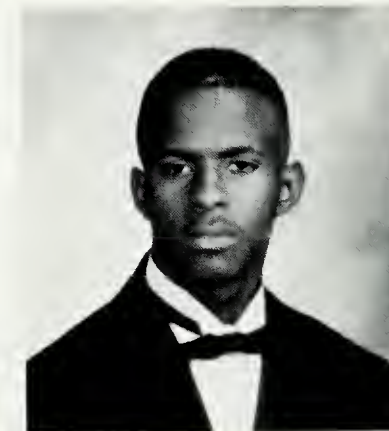
Jeniruth Nix



Victor Noto



Nicholas Novogradac



Robert Paige III



Frederick Parker



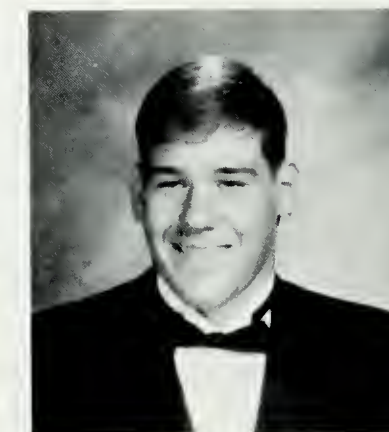
Nicois Parker



Tawanda Parks



Jayme Pavia

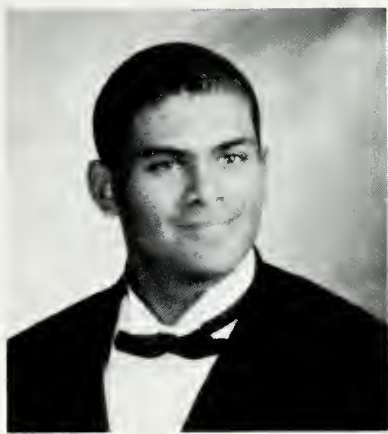


David Peck

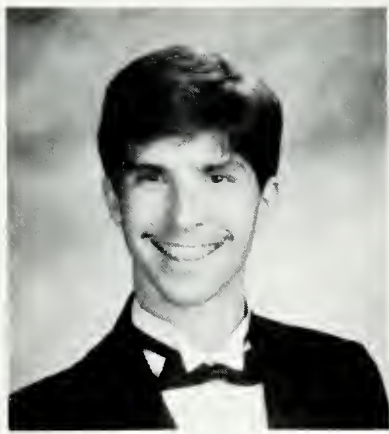




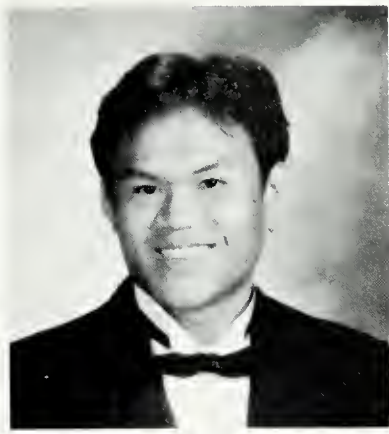
Sarah Peckham



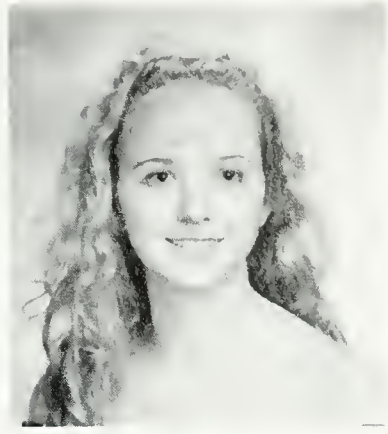
Emilio Perez



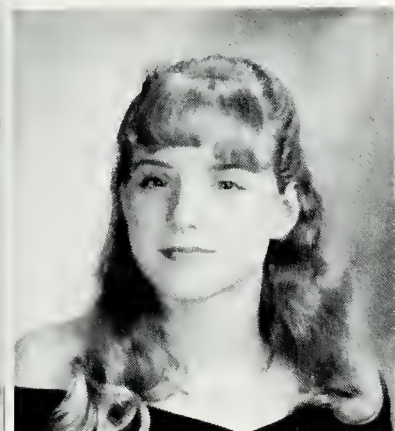
Jason Philippy



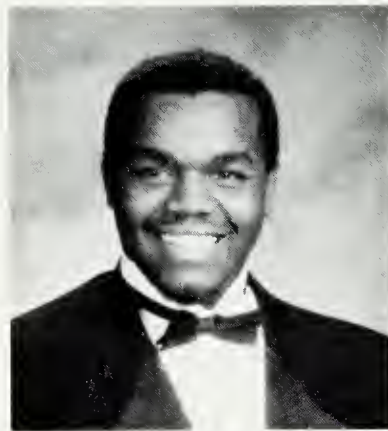
Syvong Phisudalak



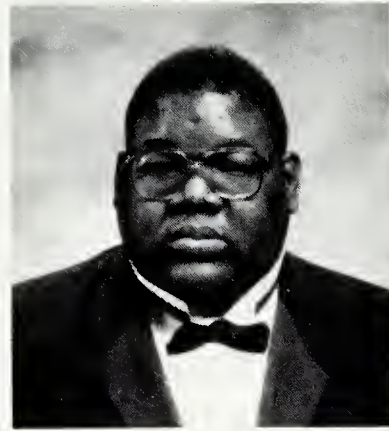
Kelly Plaughter



Kari Poe



Nathan Poole



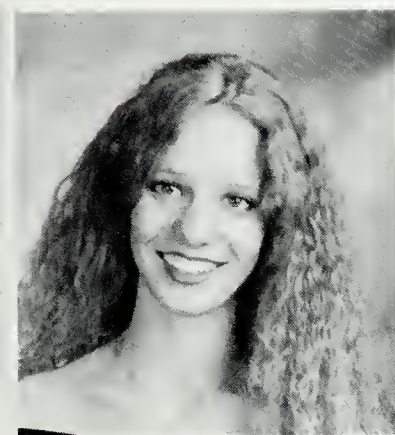
Alvin Porter



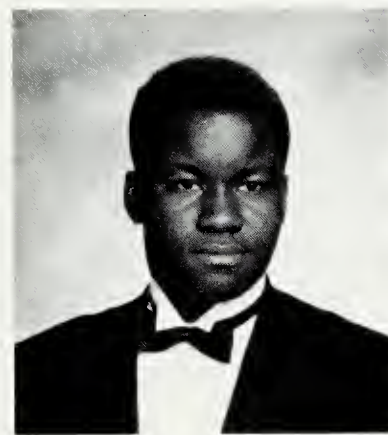
Tracie Powell



Erica Powers



Melissa Pratt



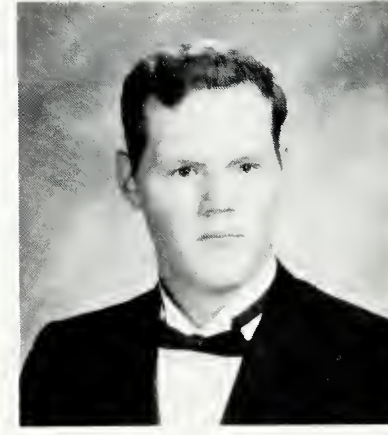
Quincy Queen



Zarinah Raheem



Na-A Raiford



Jerimiah Rasmussen

SENIOR POLL

FAVORITE SUBJECT

1. *Math*
2. *Business*
3. *English*

LEAST FAVORITE

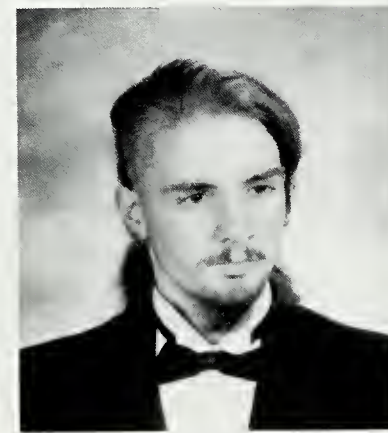
1. *Child Development*
2. *Physical Education*
3. *Recess???*

OPEN LUNCH DESTINATION

1. *Home*
2. *McDonalds*
3. *Taco Bell*



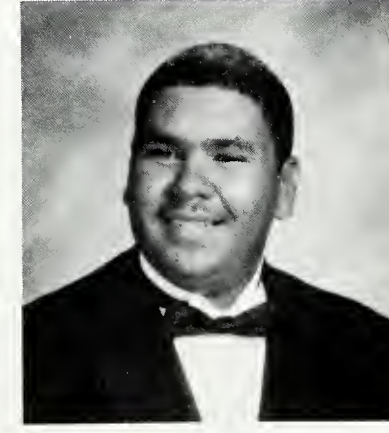
Mary Ratley



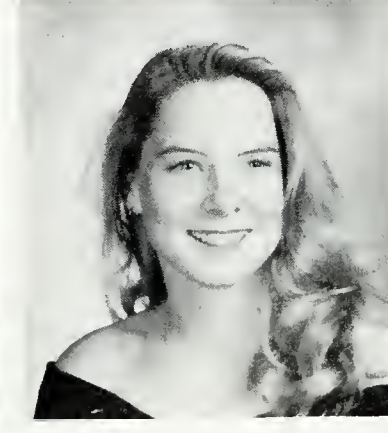
Philip Reedy



Priscilla Rich



Angel Rivera



Evola Rogers





Sarah Rollison



Gary Rose



Antony Ross



Amy Ruddle



Virginia Sanderson



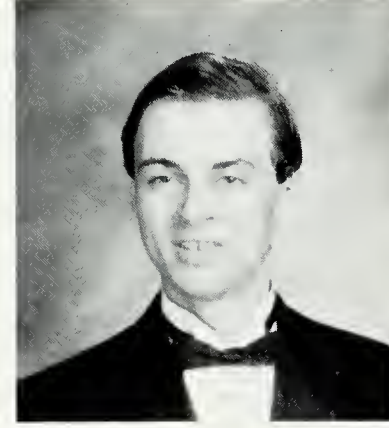
Emily Santiago



Bridgette Scott



Jeremy Scott



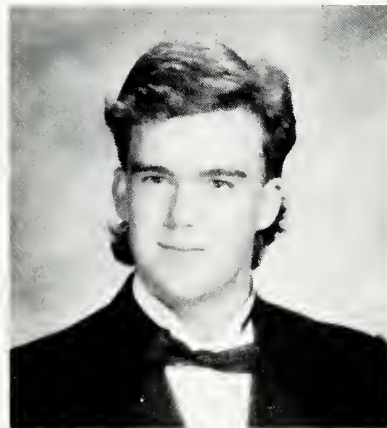
Roger Scott



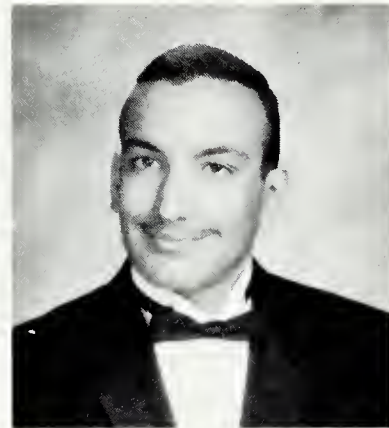
Daman Sekhon



Tamara Senecal



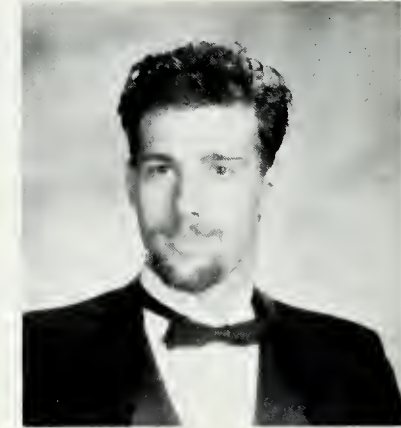
Ryan Sheehy



Samer Shehada



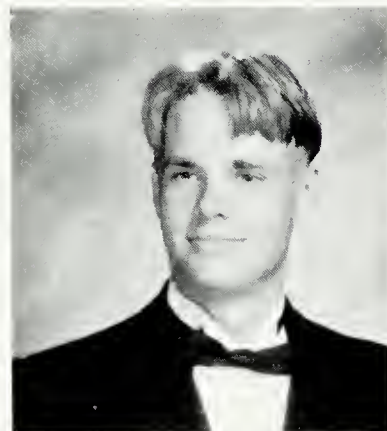
Stephanie Shields



Michael Shifflett



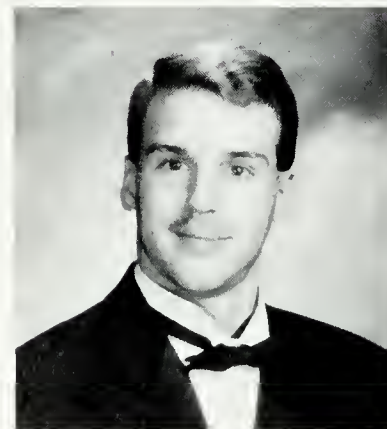
Michelle Sinclair



Curtis Shoffner



William Skidmore



Darren Smith



Sometimes seniors like to "lord it" over their "underclass" classmates. Jan Eisen, an exchange student from Germany, thinks "lording it" is a "prima" practice. However, he and underclassman Stuart Young, have a difference of opinion on the matter.





Jeremy Smith



Richard Smith



Sharon Smith



Scott Synder



Shameeka Soares



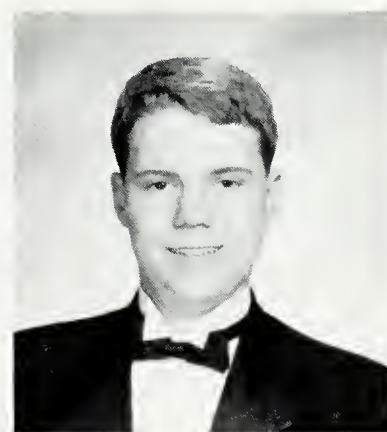
Shane Sobers



Daniel Solomon



Mark Song



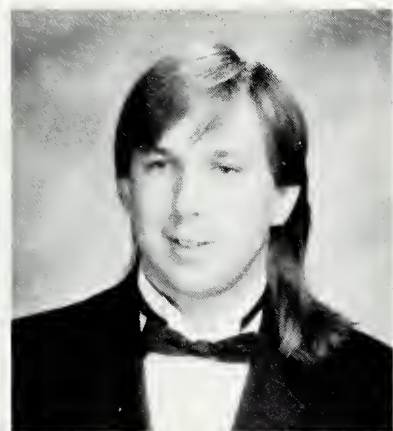
Kenneth Sorrell



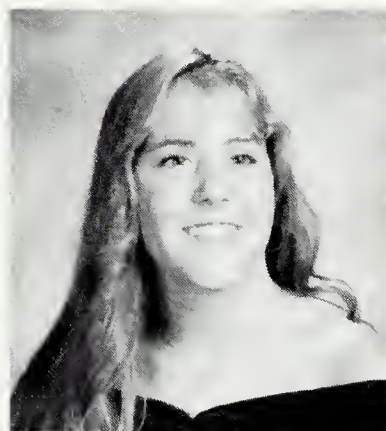
Tray Spilker



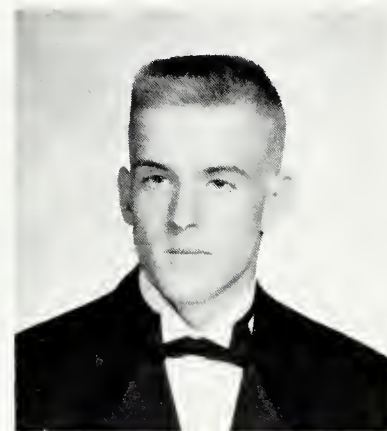
Robert Spraker Jr.



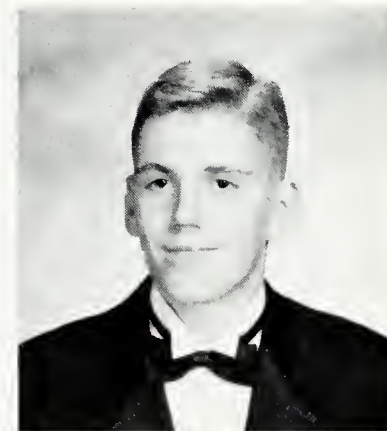
Christopher Spurlin



Shannon Stanley



David Steelberg



David St. Jean



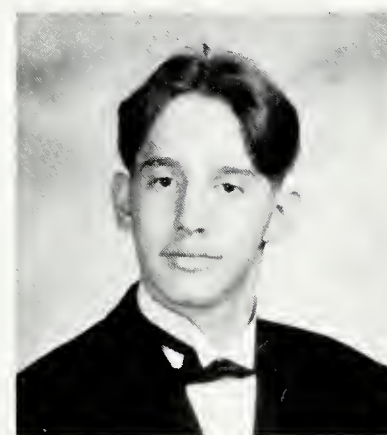
Robert Sutliff



Cherilyn Swanson



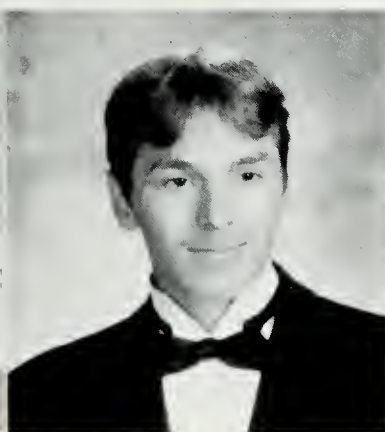
Patrick Taylor



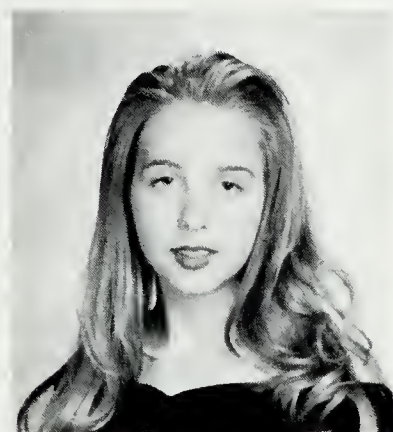
Shawn Teague



Trina Tew



Brian Tirch



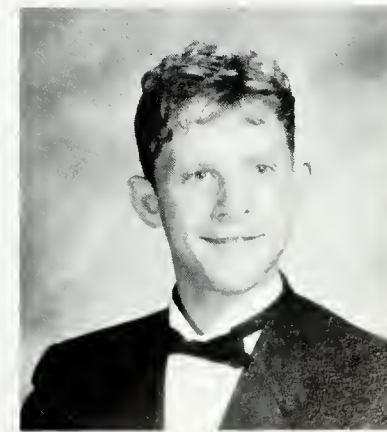
Jessica Tomasinski



Denise Truax



Kymberly Turner



Scott Vandesand





James Vansumeren



Jorge Vega



Raymond Vialpando



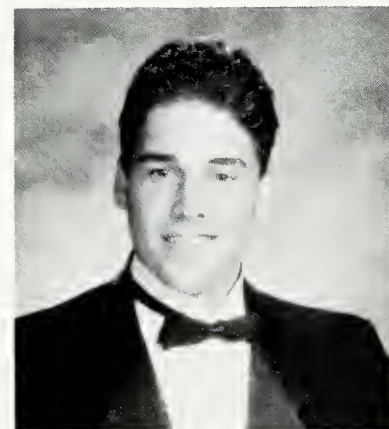
Vincente Villanueva



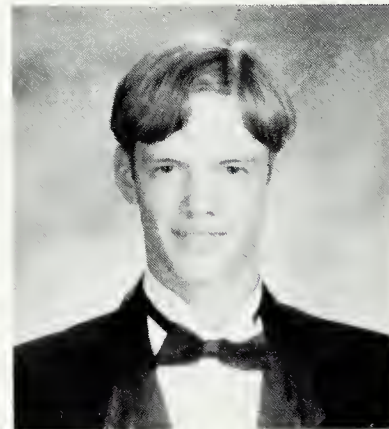
"Its not the headgear that counts" thinks Jason Heatwole (sitting) as his buddy Martin Boone sports some vegatation during Toga Day to see which senior would be named "the most noble Roman of all."



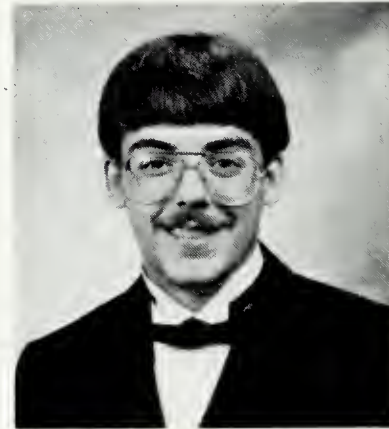
Michelle Villareal



Gerald Wade



John Wahala



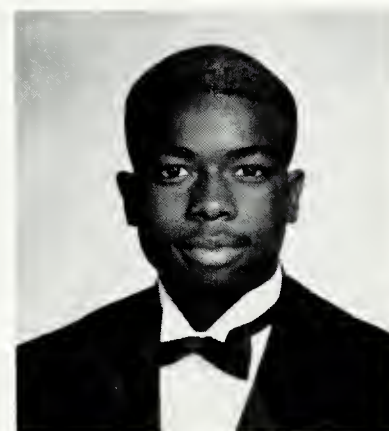
Kristopher Walker



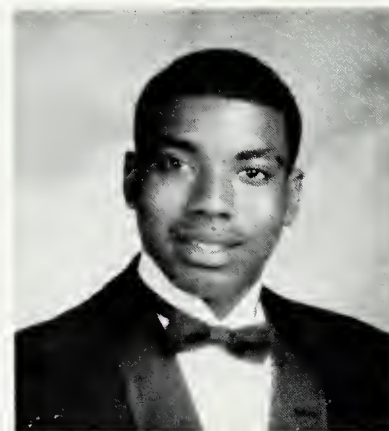
Michelle Walker



Natalie Wang



Donald Warren



Darius Washington



Taneshia Watkins



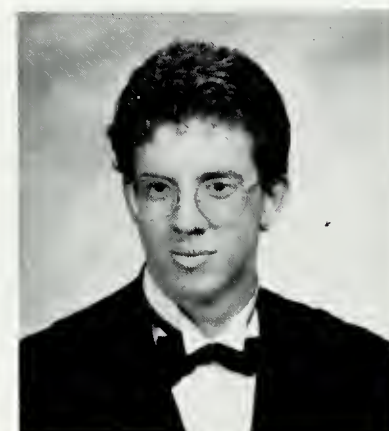
Miracle Watson



John Webb Jr.



Rhonda Webster



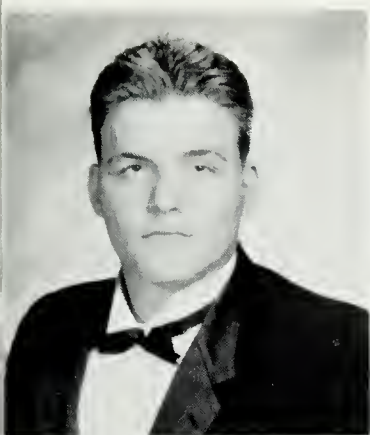
Joshua West



Christen Wheeler



Tim Willingham



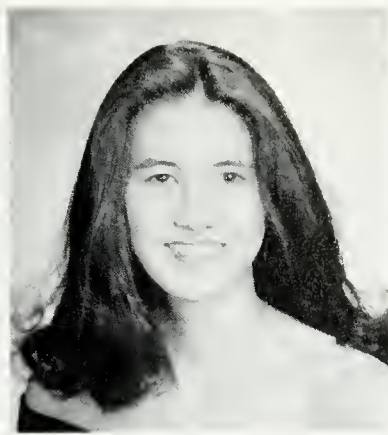
Jeremy Wolford



Roland Wong



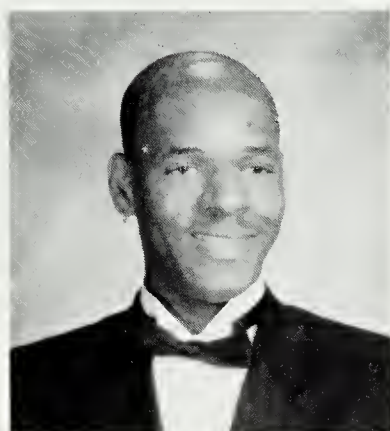
Lola Woods



Tommi Woodson



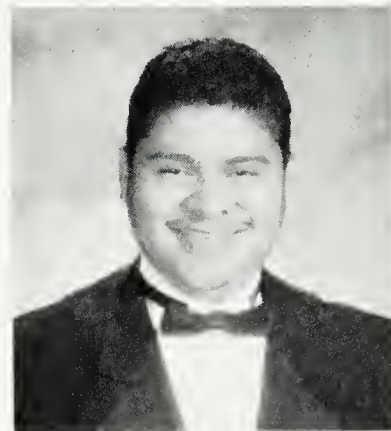
Virginia Worthington



Al Xavier



Dan Yalch



Porfirio Zelaya

FRIENDSHIPS - STRUGGLES - ADVENTURES - DIPLOMAS



HERE'S WHERE MEMORIES ARE MADE!



Senior Addendum "Camera Shy"

When a guest sings the National Anthem at a home game that's nice. When a student like Nicoise Parker sings it, somehow it sounds better!



Naeela Ahmed, David Akers, Karen Akins, Tricia Alexandria, Kelley Anderson, Amanda Ayers, Juan Ballesteros, Batoun Bouchelelaghem, Demetra Britt, Mary Brookins, Jamie Buchanan, Miguel Cabanez, Hae Choi, Anna Christiernsson, Calia Clark, John Cox, Brian Dees, Michael Denault, Jason Dewey, Vernon Ely, Vanessa Estrada, Yan Feng Guo, John Hall, Sheila Hardy, Alexander Harris, Randolph Hawkins, Victor Hernandez, Simo Holloway, Sean Howard, Raheem Johnson, Winifred Jones, Dominic Lane, Juliet Lewis, Damion Linder, Daven Loy, Angela Madagan, Augustus Mahaney, Krista Merritt, Jody Meyer, Shaun Miller, Hope Munoz, Christopher Outlaw, Jacob Pence, Jamie Persse, Christopher Poole, Eileen Pracht, Cassandra Reynolds, Lisa Santiago, Kristine Shin, Calvin Simmons, Vikie Stanley, Machaerus Stephens, Charisse Sullivan, Tina Tew, Angela Thomas, Jerry Ventro, Vincente Villanueva, Darius Washington, Joshua West, Robert Wolford, Al Xavier

Q: "How do you identify Joseph Adriance in a group of look a likes?" A: Simple! Just check the crowd for someone wearing shades - indoors.



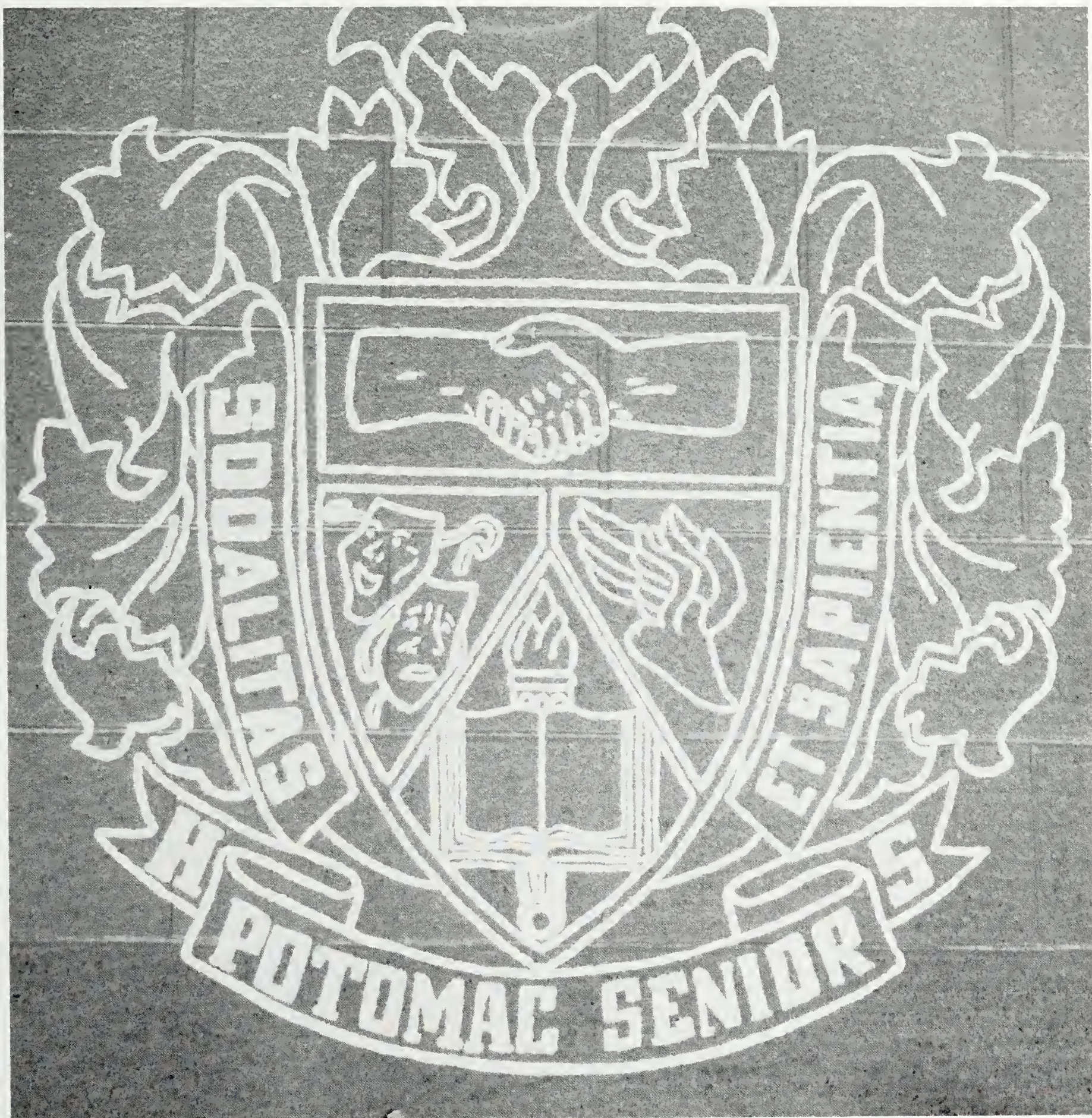
Real Smiles come in different styles and for different reasons. Stacey Bradshaw and Tommi Woodson showed their styles for the same reason - the heck of it.



Free Time, food, friends, and fresh air - A great prescription for enjoying a Senior Day. These seniors seemed to have really benefitted from the prescription.

Real smiles are hard to fake. Friendship and a sense of purpose are good reasons for smiling. These YADAPP Panthers did have a good reason to share their smiles.





How many times did you walk past this crest? Did you ever stop to think that it sums up a student's purpose for being at Potomac? Translate (loosely) the Latin and you find the Panther motto - "Solidarity (friendship/strength/community) and Wisdom." Look at the symbols and you can envision what is expected of Panthers on the Four-Year Trail: the development of friendships with peers and staff; an appreciation of the Arts; an involvement in healthy sports; and a thirst for and ability to use the knowledge gained from books and people.

Built into the above, is a charge to keep the light of knowledge burning for others who come after you on the Trail. It is hoped as the years pass that Potomac's motto and crest will remind you of the need to continue on a path that leads to solidarity and wisdom. - YB Staff



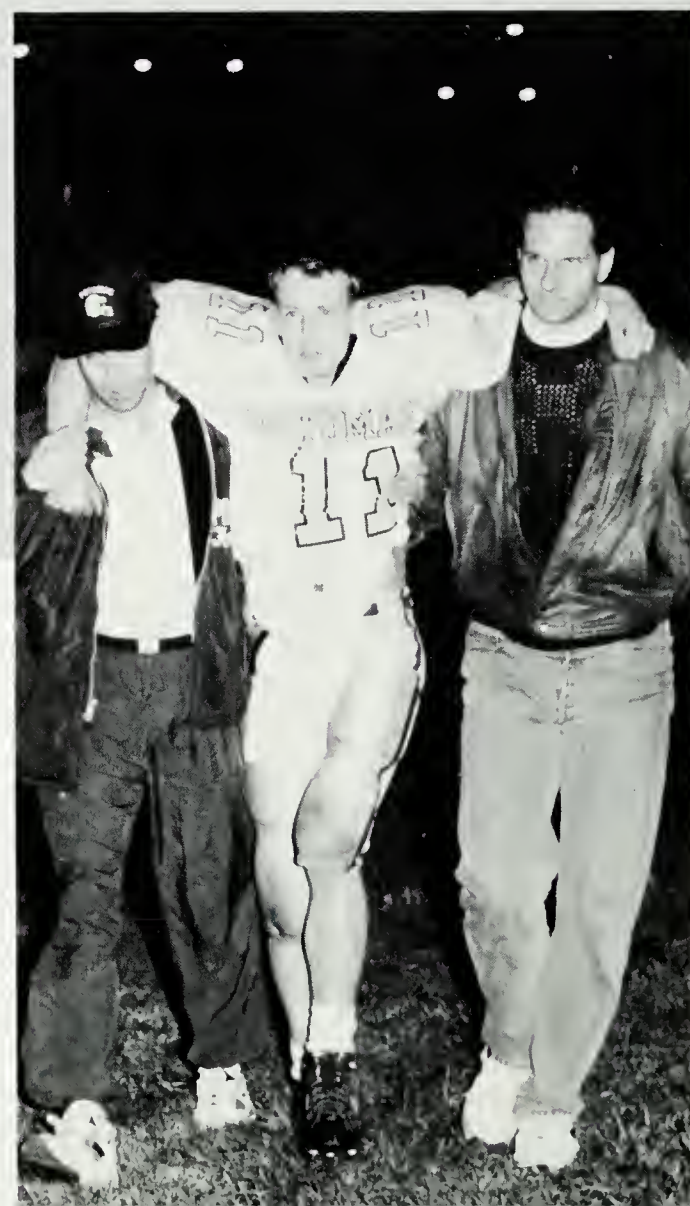
Antonia Smith, Tracy Rollis, and Stephanie Truax ham it up for the camera. Did you know that these ladies are planning to become serious seniors!

Some say that by 4th period students are too tired to socialize (talk). Others say that when they get into something, as in Mrs. Neuhard's 4th period class, working quickly and quietly is the "smart" thing to do.



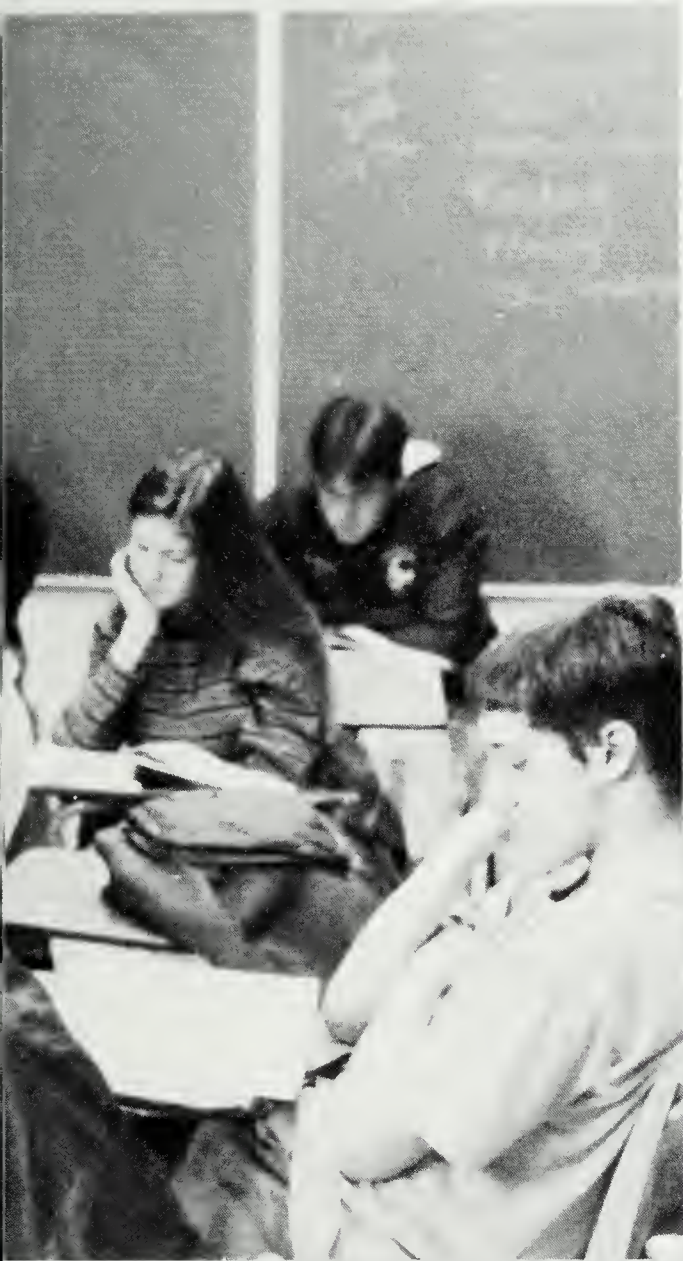
While moving to and from presentations, bands use drums to maintain cadence. Carlos Sotelo's steady beat always kept Potomac's Pride in step as they readied for performances..

Life like school and sports is not always easy. Sometimes a hand or two can be of help, like those lent to Mike Beall as he moved off the field after a tough play.



UNDERCLASSMEN

In any situation a smile goes a long way to help separate patrons from their money (for good causes only). The smiles of Alyssa Eland, Chavonne Outerbridge, Wendy Worthington, and Elisha Tripplett definitely came in handy when they sold programs to support Potomac's football teams.



Most people like to have a "record" of their good times, which is why Audra Roberson and David Bann took a break from dancing at the Homecoming dance to have some pictures taken.

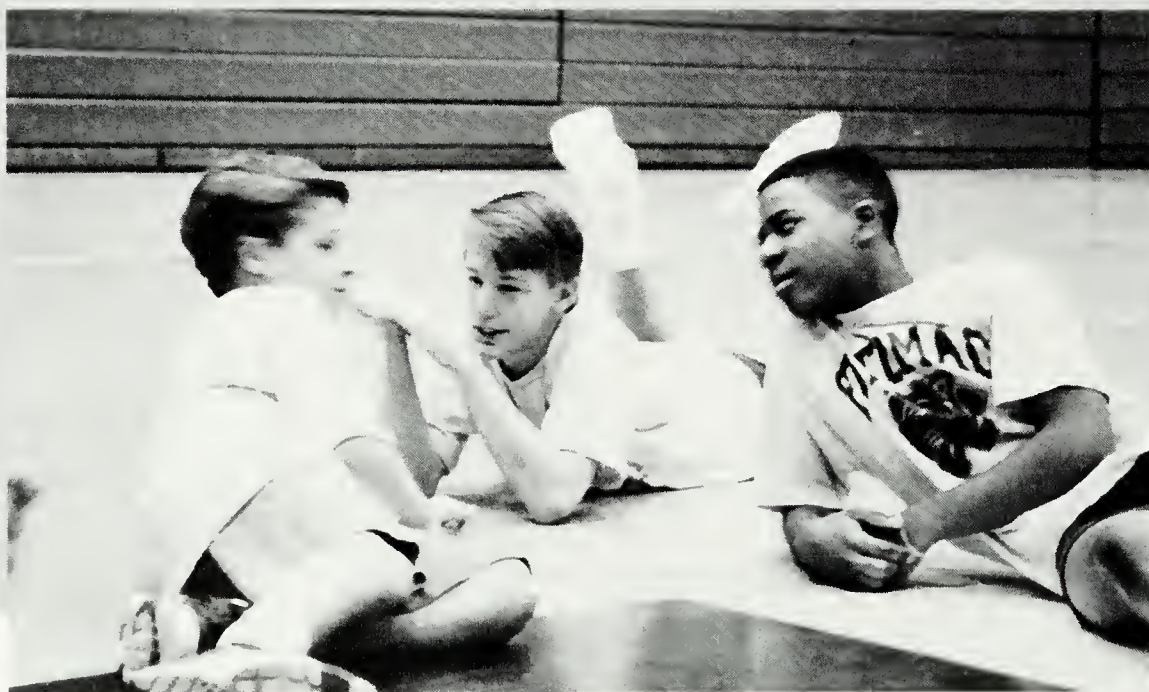


Sometimes its more fun to speculate than know. What Barry Blake and Bruce Allison were thinking as they worked to finish up a class assignement was not as funny as some of the ideas the camera man had come up with.



Juniors

Question - Are these two escapees from a toothpaste commercial? Answer - No! Niki Studevant and Amanda Martin are just a couple of happy Panthers thinking about the end of their chemistry class.



Sometimes students like to refine the purpose of "preferred activity time" in a class. Tommy Nicols', Tommy McGrath's and Nelson Madison's refinement of their preferred activity "chillin" may have raised some eyebrows in their P.E. class.



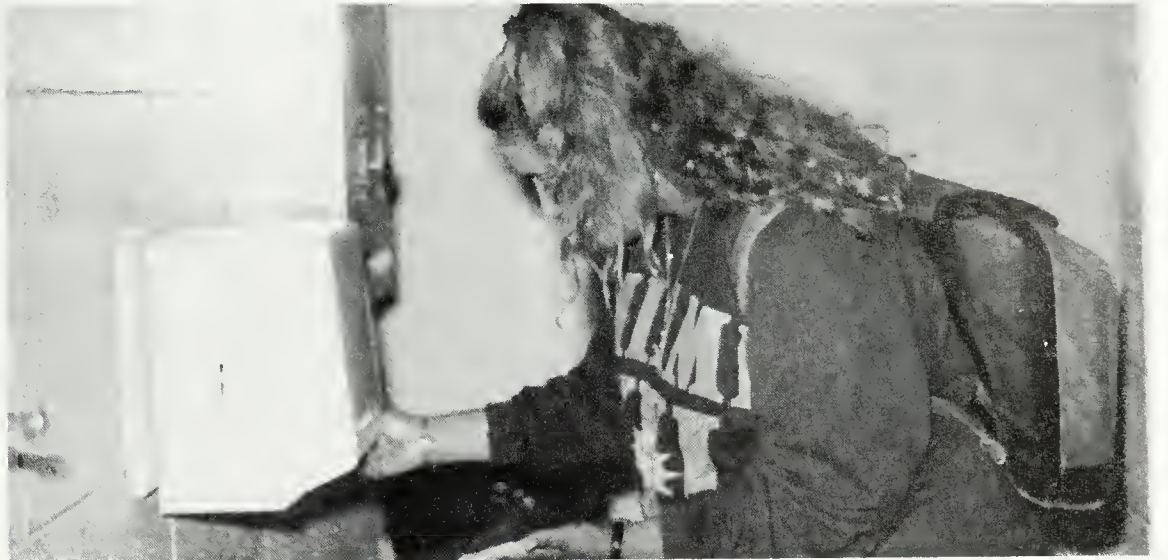
The "Voice of Potomac," Mr. Frank Higgins, gave Danielle Denault a few pointers on how to keep a straight face during a tense game situation. Somehow it does not appear that Danielle thought the situation was tense enough to warrant a grim face.





In most societies stealing is frowned on - except for sports. Stealing the ball as Kristen Paterson did during a soccer game is often rewarded with a goal/victory.

What economic principle is frequently demonstrated in a restroom? Irene Avelar found out the hard way - "Supply and Demand." The demand for hand towels is not always met by the supplies on hand!



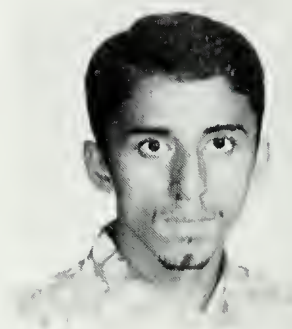
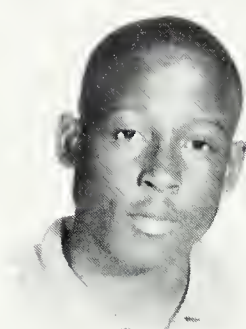
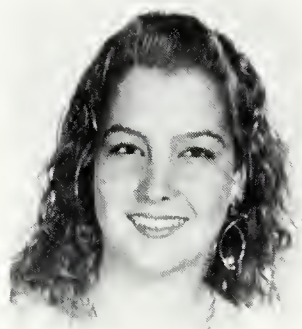
Bells seem to control a student's day, while homework controls a student's evening. Brian McGuire works to finish classwork before the bell so that he can exercise a bit more control over his evening.

Working the outfield can be a bit boring at times. Pam Austin seems to have found a remedy that agrees with her.

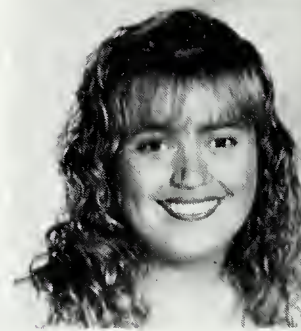


Class of 1996

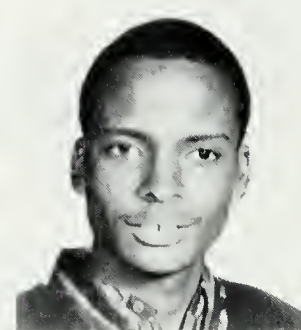
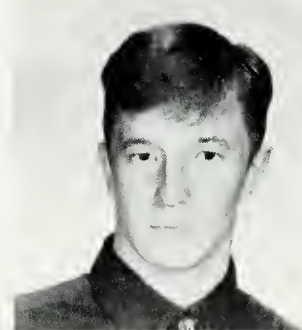
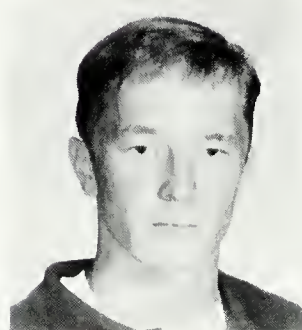
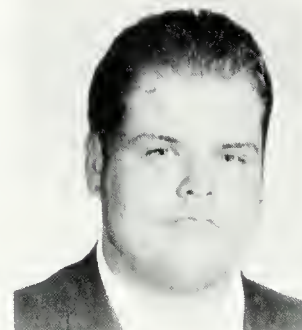
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James Aggrey
David Agresto
Shelly Ahluwalia
Bilal Ahmad



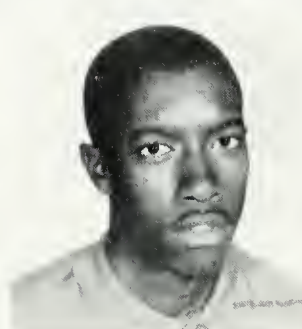
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Yasmin Angoe
Pamela Austin
Irene Avelar
Celma Ayala

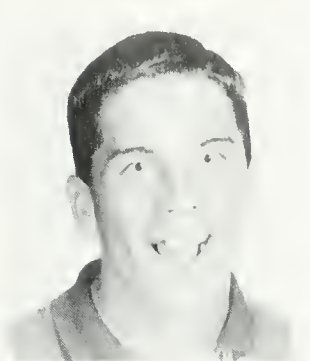
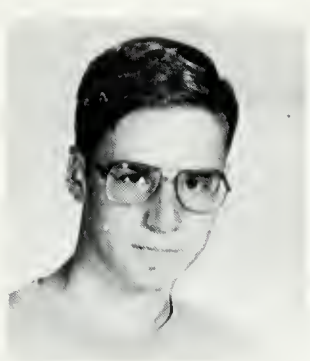


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Brian Bann
David Bann
James Banks
Cynthia Barley

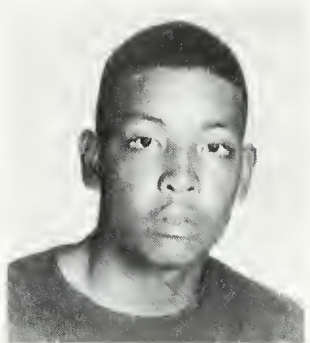
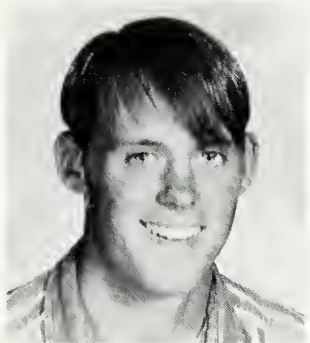


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Eugene Bass
Nora Bates
Michael Beall
Lori Becker

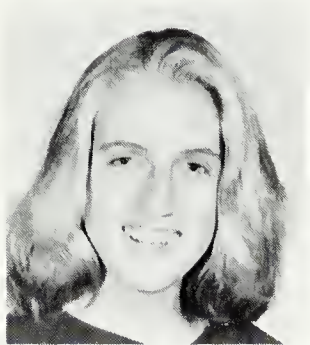
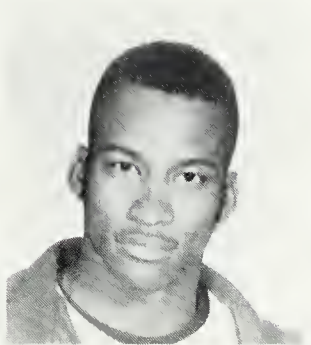




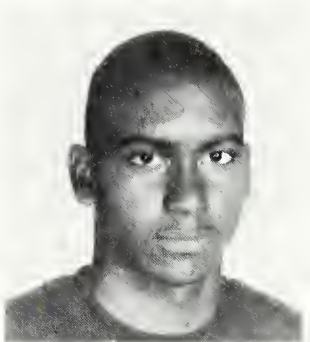
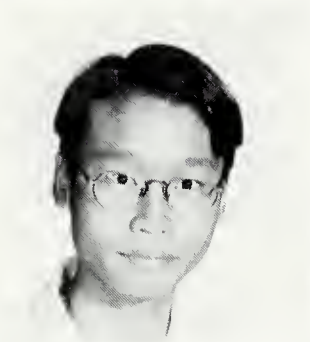
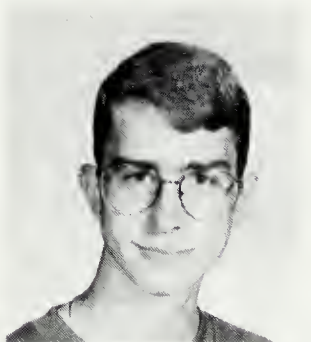
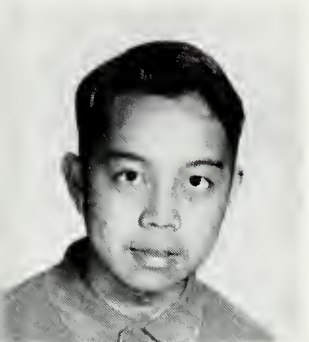
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Willian Bernhardt
Stephen Birello
Karen Black
Barry Blake



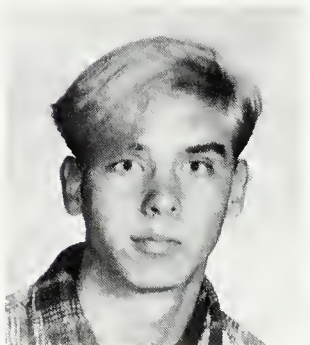
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Tiffany Britton
Reggie Brooks
Allen Brown
Heather Bumler



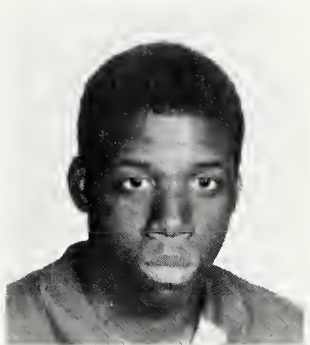
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Kevin Campbell
Janet Caramanica
Melissa Carr
Edwin Carillo



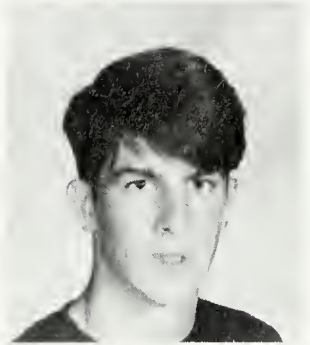
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Jimmy Caudill
Henry Chan
Won-ah Chang
Andrew Chatman



Faline Chase
Anna Christiernasson
Kevin Chronister
Amanda Clark
Sam Coillot



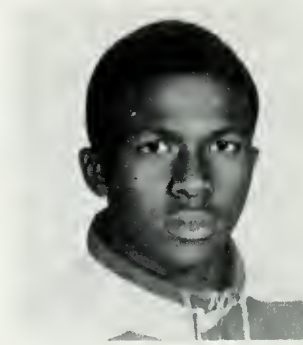
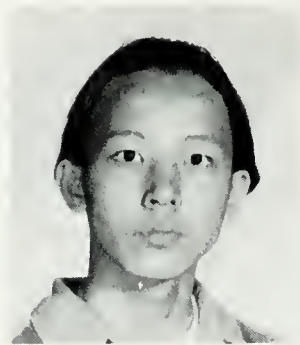
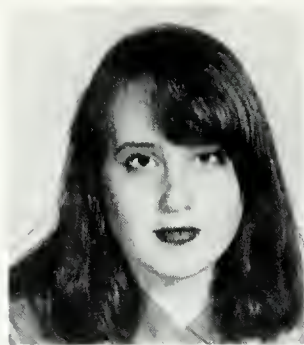
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Sean Coleman
Collins Hasan
Jessica Compton
Billie Cook



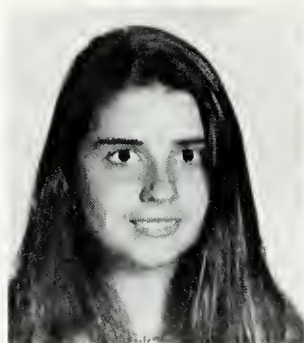
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Charles Crawford
Meghan Crowder
Frank Crilley
Sean Crilley



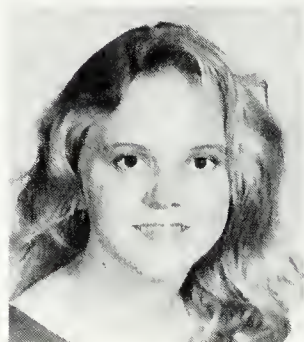
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Amelia Dancause
Long Dao
Tiawana Davis
W. Davis



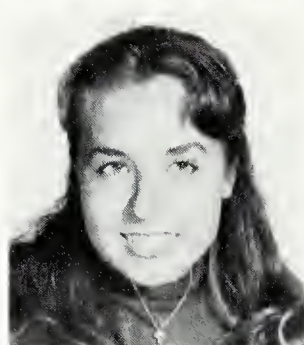
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Danielle Denault
Cherri Desilva
John Dickison
Lori Dodds



Cindi Dominy
Amie Dotson
Nick Dovel
Aisha Duplessis
Diana Duvall



Panda Easley
Alyssa Eland
Latissue Elliott
Clay Embrey
Kenneth Etzler



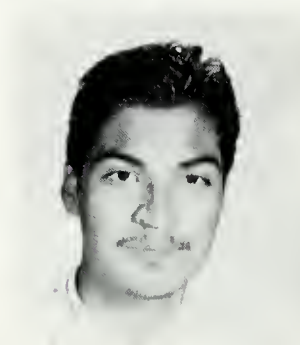
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Joe Fanion
Jeremiah Feindt
Janaye Felder



Russel Ferguson
Tabitha Fincham
Corey Fitzgerald
Arty Flecker
Tyrron Ford

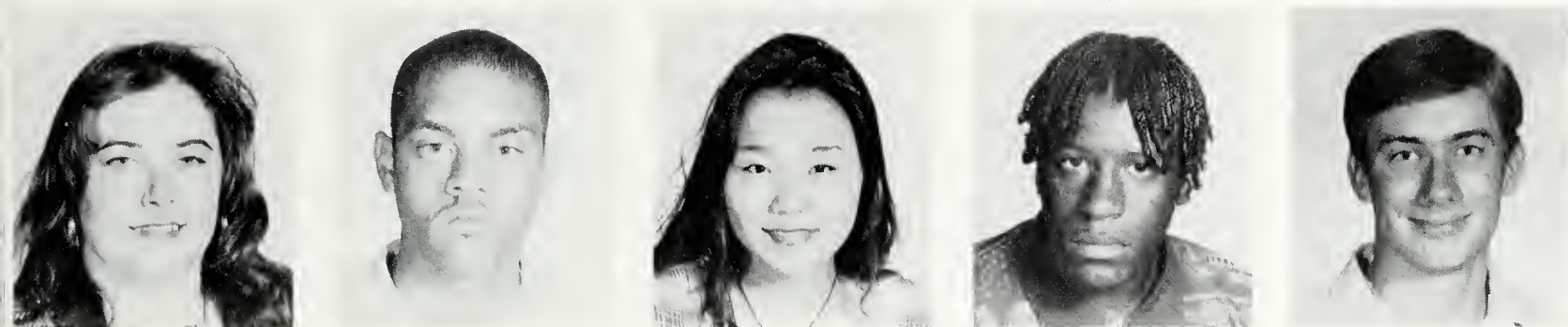


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M. Gadson
Gaiton Garcia
Robert Gaskins
Tonya Gibbs

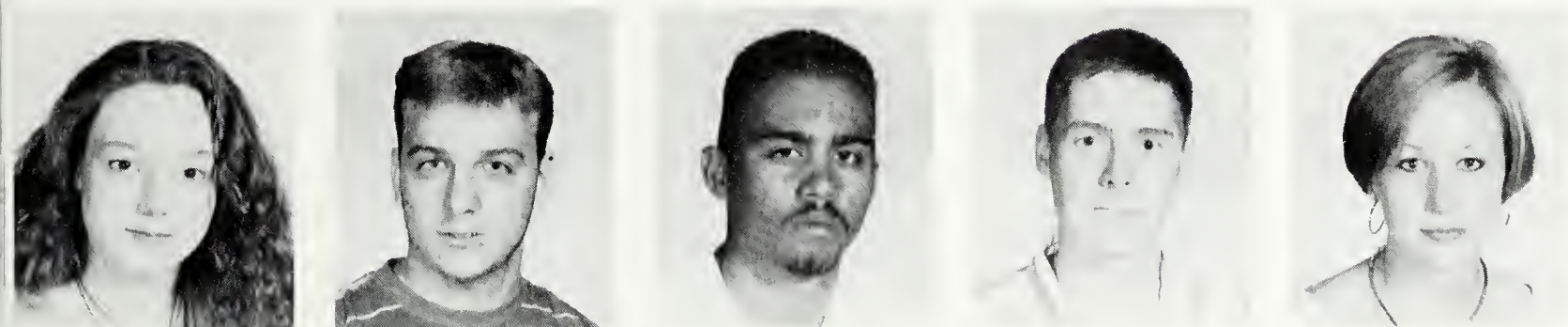




Raymond Gibson
Andrew Gollahon
Nisha Gray
Beth Graves
Kuame Groves



Cristina Gurley
Ernest Hairston III
Juhui Ham
Calvin Hargett
Raymond Harris



Andrea Hayes
Robert Henrich
Rich Hernandez
Greg Hillmar
Shannon Holladay

There are fishy stories and then there are fish stories! Andy Gollahon's falls into the category of a "Really Big Fish Story." The difference between Andy's and others' is that he brought proof back with him. Check out the picture on this page. The catch weighed in at over one hundred and twenty pounds. Yes, you read that right. Wonder how many tuna fish sandwiches that would make?

Andy was matter of fact in telling his tale. He and his dad, along with his brother, a cameraman and a boat's mate shoved off about 5:30 AM; you know before most people even dream about getting up, during a fall break to do some serious fishing. The Gollahon boat, called the "Southern Exposure," is moored at a marina on Roanoke Island. They sailed to an area off the coast of Manteo, North

Carolina.

Andy went on to say "The trip took about two hours. The sun didn't rise until about 7:00 AM, so most of the trip was made in the dark. Also it was not exactly what one would call a warm day either. Once in fishing area, the mate rigged five lines with ballyhoo (bait) and it took about five minutes for the fun to begin. I caught the first fish - a small albacore tuna. My line was rerigged and put back in the water. After a little while, I got into hard fight with a big Wahoo. He gave a bit. I gave a bit and then decided to take the whole thing by landing that fish.

I put my line back in to see what else I could come up with. After a short wait I got into a tangle with a not so playful dolphin who wanted the bait on my line but didn't want to be landed so I could release it from my line. Just about the

same time as I was unhooking the dolphin, my dad got into a twenty-five minute tug of war with a fifty pounder. It lost. My brother and the mate did their fair share of "reel" work that day also, landing a few tuna and other types of fish.

All this activity was being filmed by the cameraman and I think we would not have stopped the fun we were having if the sun had not begun to set. With daylight going, I locked my chair in and the boat was put on a two hour course back to port. The ride was a bit cold but all of us were warmed by the day's activity and the really big fish stories we would be able to tell."

One of the more interesting parts of this fish story was left out by Andy when he told it. His fishing was done from a wheel chair. The same one he uses around school. When asked why he left that fact out, he

replied "Why put it in. Fishing is fishing, and I got a good story to tell without the chair in it."

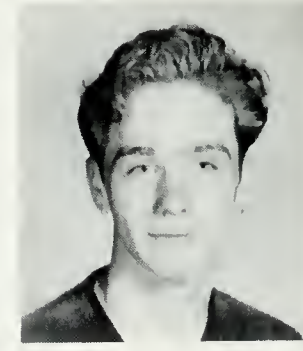
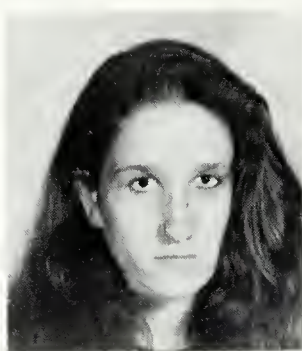
When you want to give a fish story telling lesson having a "training" aid like Andy Gollahon's could come in handy. Sometimes, however, the training aid should be left at its home! A picture will suffice - recognize the fin?



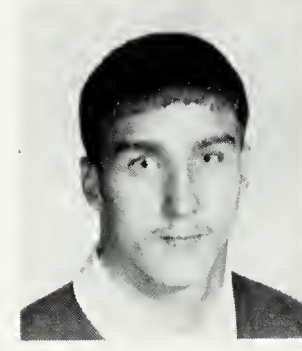
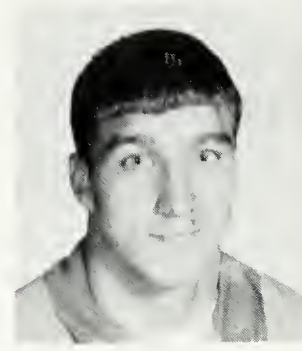
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Justin Kane
Tim Kashak
Ben Kern



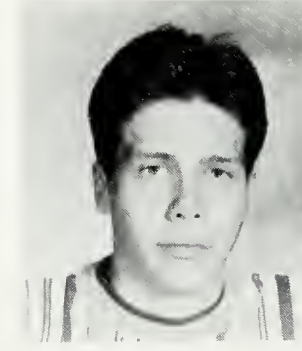
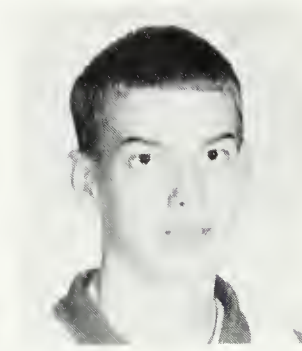
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Melissa King
Jay Klakourek
Abdul Komara
John Korneder



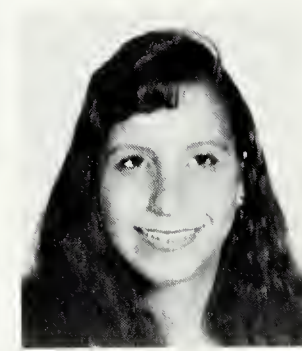
Jamieson Kruger
Thomas Kurylo
Chris Lamberton
David Lamberton
Chrissy Laursen



Jessica Lawter
Brian Letendre
Cameron Linegar
Thomas Long
Livingston Lopresti



Michelle Lorenz
Regina Lovic
Melissa Lundy
Diamond Lynch

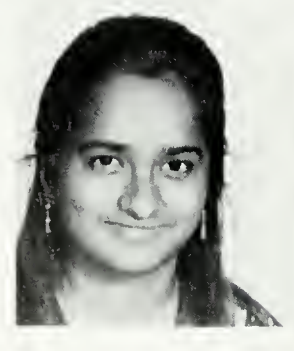


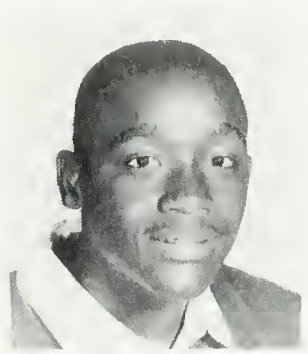
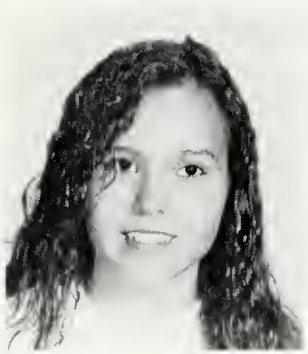
Many students, like Sam Coillot, find working after school for a few hours helps to keep their wallets/purses full, well kinda of, and puts them in a position to gain some independence.

Nelson Madison
Anitra Major

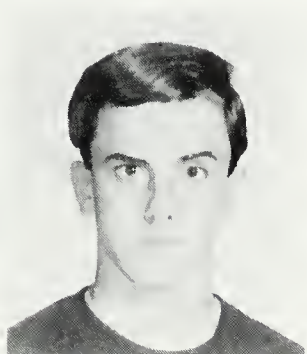
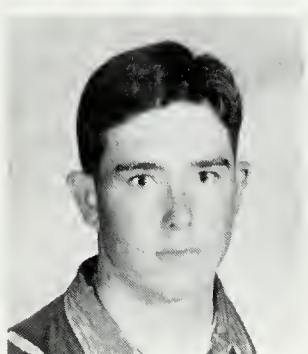
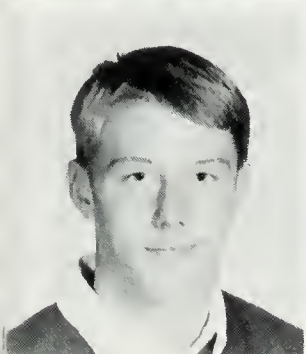


Irene Mammen
Neven Marcos

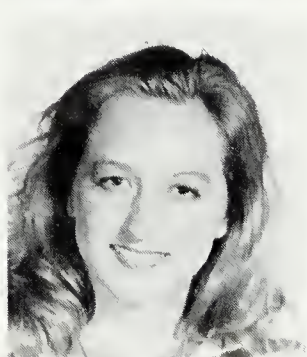




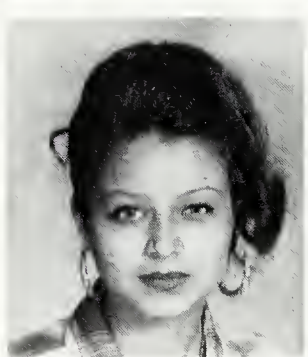
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Robin Martin
Keith Martin
Cara Mayberry
Delroy McDonald



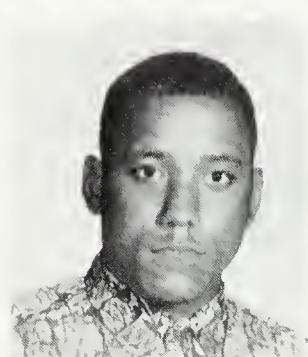
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Anita Mehayoddin



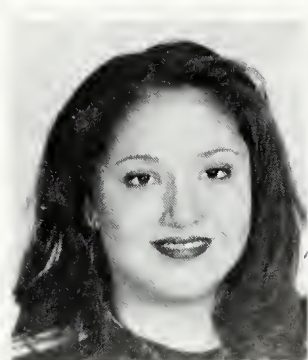
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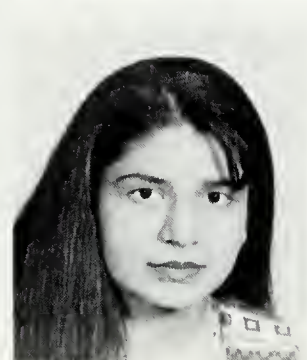
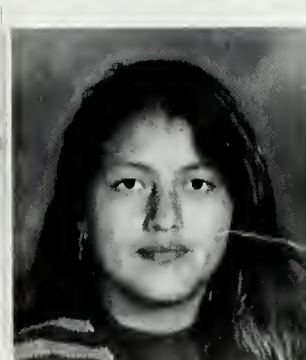
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Suhail Narvaez



Tommy Nichols
Victoria Nightengale
Melodie Nugent
Johnny Overton
Chaunta Parker



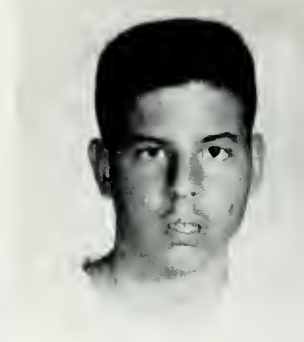
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Shevonne Polastre
Tracie Powell



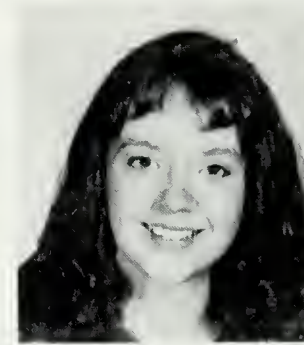
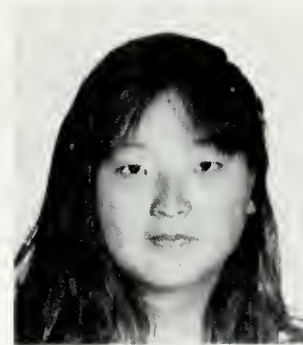
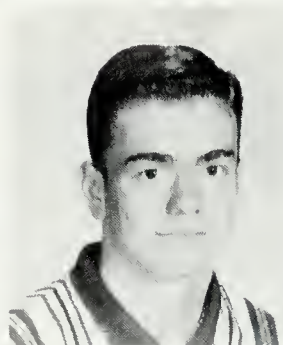
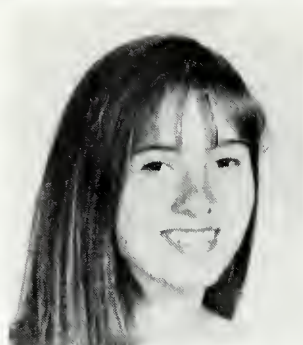
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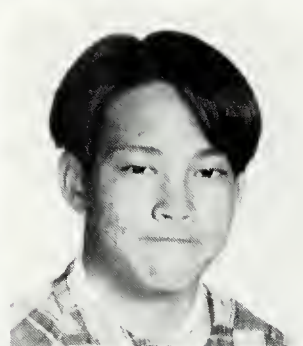
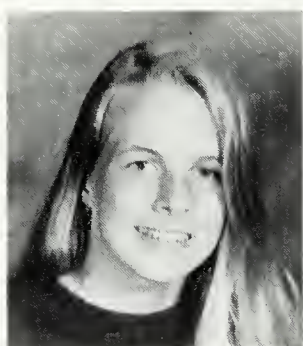
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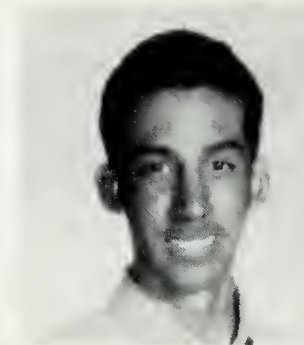
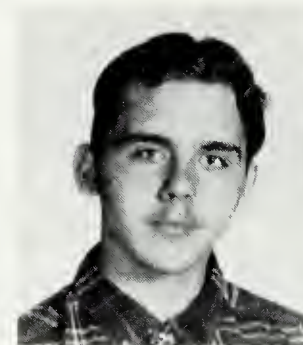
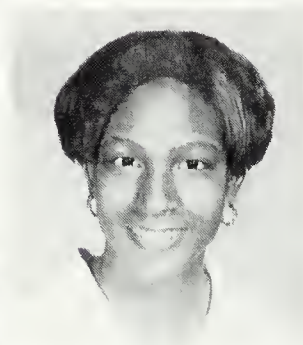
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Amanda Sackett



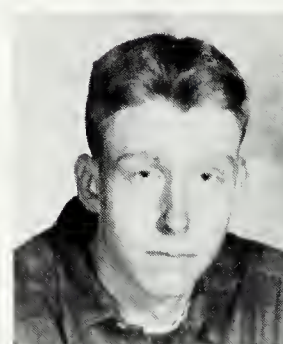
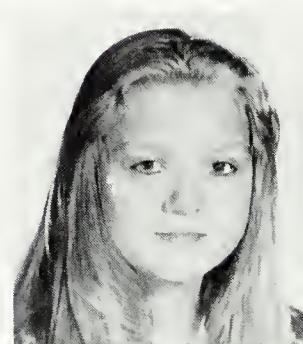
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Nasira Shafeek
Telal Siddig
Chris Sinclair



Shivaulie Singh
Chasity Skipper
Antonia Smith
W. Smith
Carlos Sotelo



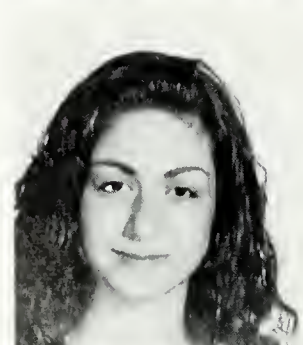
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Seth Sprague
Niesha Speights
Jason Stadie



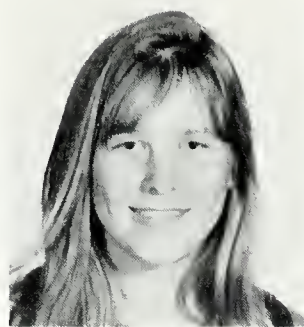
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Warren Stinson
Nikia Studevent
Danny Sutliff
Touja Sykes



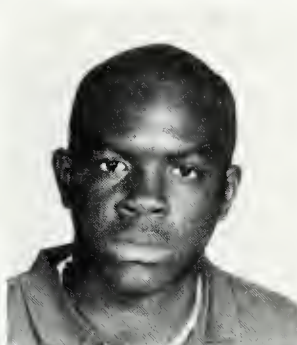
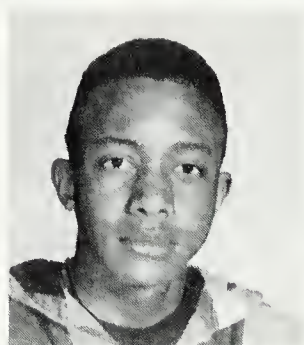
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Edward Tauch
Beverly Testerman
Ann Thayer



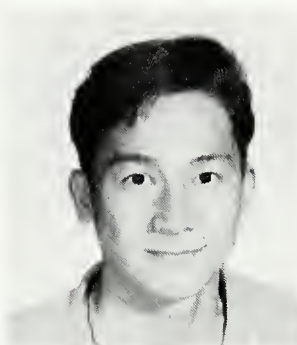
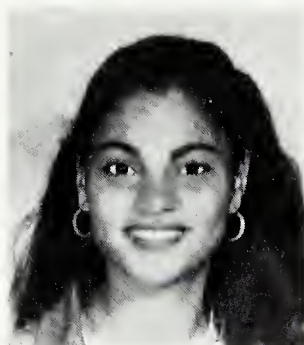
Sometimes what looks like playing is actually an off beat way of celebrating. Melissa Fisher chose this way to celebrate the fact that with some night school work she could be a '95 Grad rather than a '96 Grad.



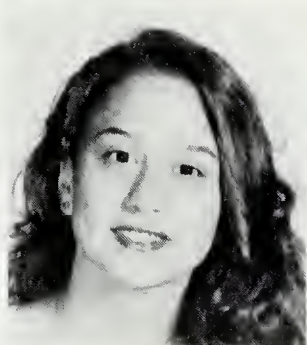
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Theo Theodorakoglow



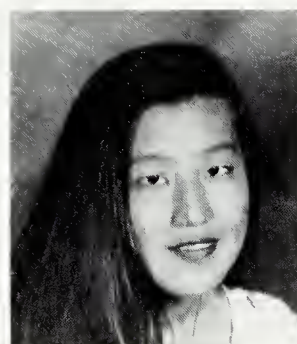
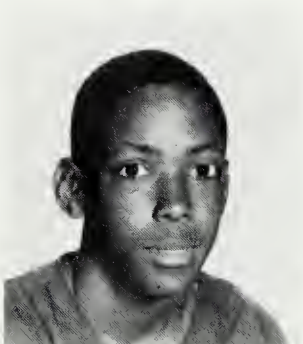
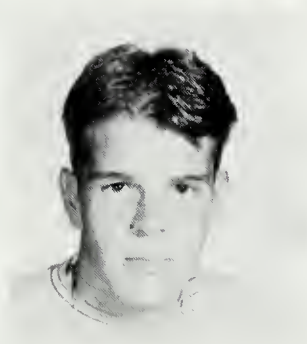
Chris Thomas
Fred Thompson



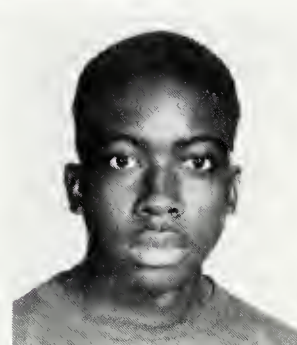
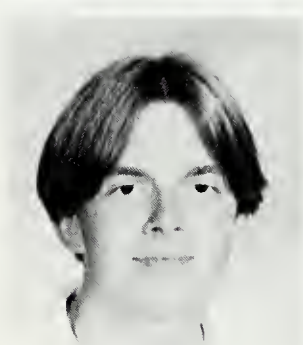
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Linh Tran



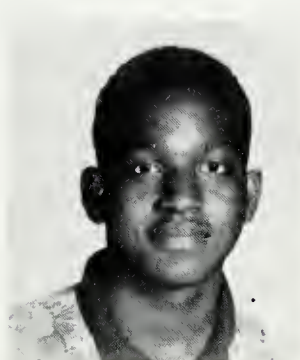
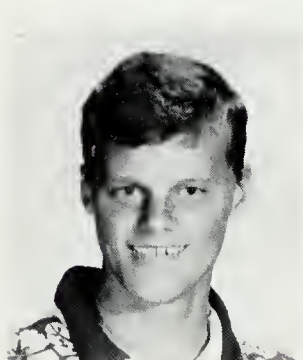
Stephanie Truax
David Turk
Jackie Twiner
Ryan Ulrich
Kelly Underwood



Thiago Valle
Ellis Venable
Sue Vongphakoy
Adam Wagner
Sunhee Waite



Richard Wagreich
Brian Wallenius
Kareem Waller
Jessica Wanger
Jerome Warren

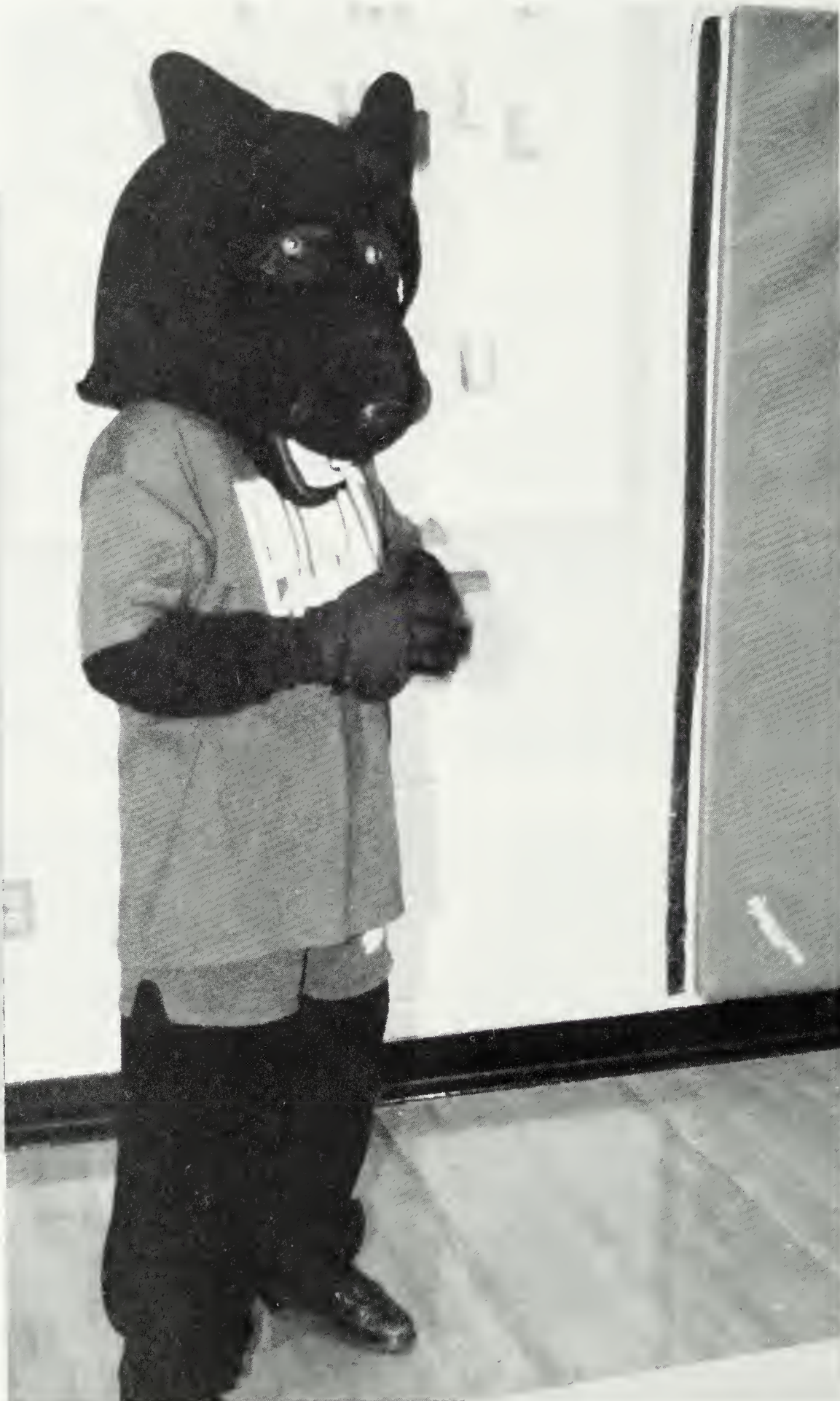


Genell Waters
Eric Watts
Michael Washington
Orlando Webb
Marlene Whetzel



Q: What is a Panther?

Q: Who is this Panther?



A Panther is a warm blooded being that needs to eat, sleep, learn, and play. It travels many 'up and down' trails during its life, but never loses track of its home base. It meets challenges head on, when necessary, with skill, speed, strenght, and courage. A Panther may lead or follow as the situation demands and protects its own. The Panther is you "Junior" as you step up to lead in the year to come. Come on, you didn't think we would give out a name or did you? The reference used for this explanation is the YB's typist's mind.



Some Parting Senior Comments - Read!



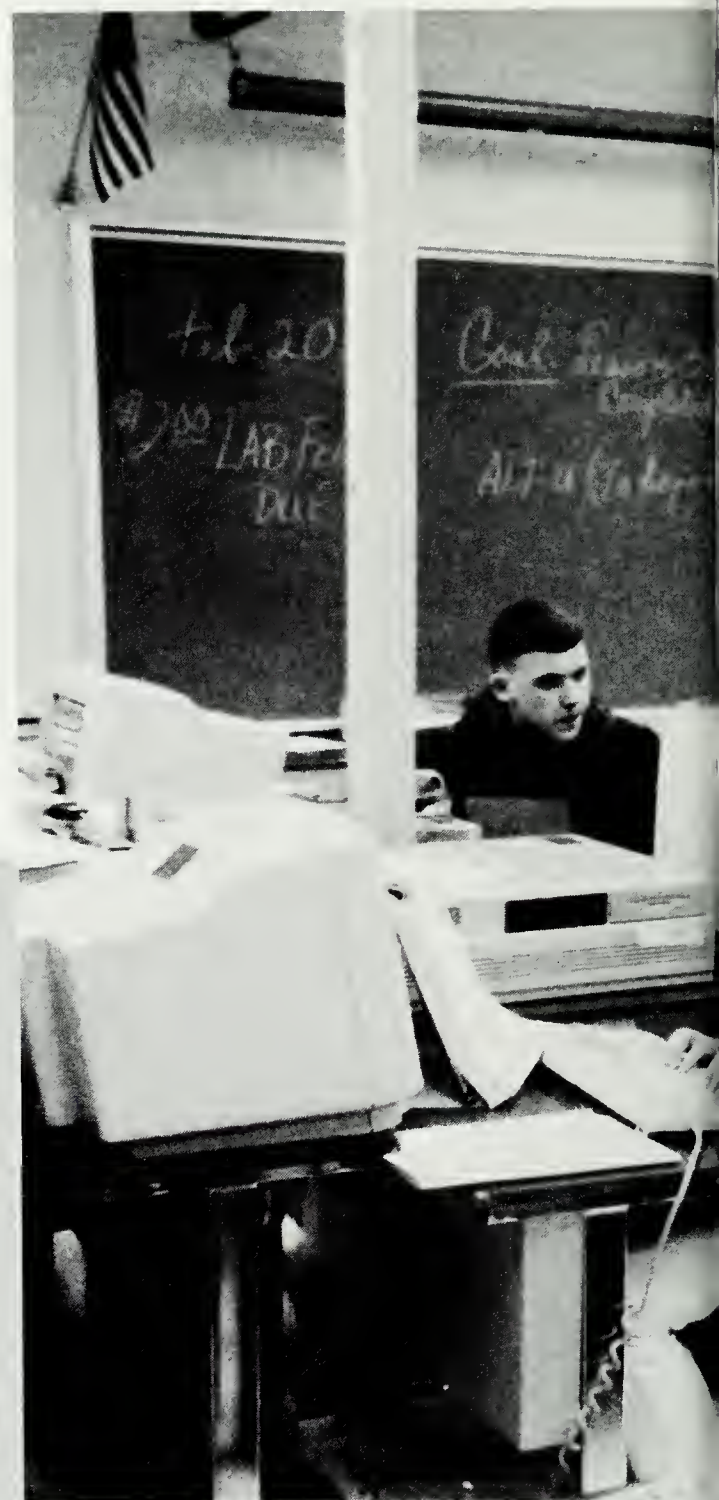
These comments are to be considered a "last will and testament" but remember we are still kicking. Better yet, think of this as a living will.

Mr. Stearn's is the featured "photographee" for this message because of what he is doing. He is juggling, just like you have and will continue to do as you move down the Four-Year Trail. There is no hiding from it, life is complicated. Some times we must balance all our wants and needs at the same time. If something has to go, ditch the "wants" and concentrate on the "needs" like a quality education. Its your turn - good hunting Panther(s).



Sophomores

Sometimes students get a shot at what its like to be a teacher, as sophomore Antoine Redman did while showing freshman Conrado Notyce how "his machine" worked.



Not all sophomores are the same! For proof, look at the faces of Chrissy Livingston, Tiffany Goodwin, Stephanie Rinker, Kristine Wolf, and Katy Bourchard.



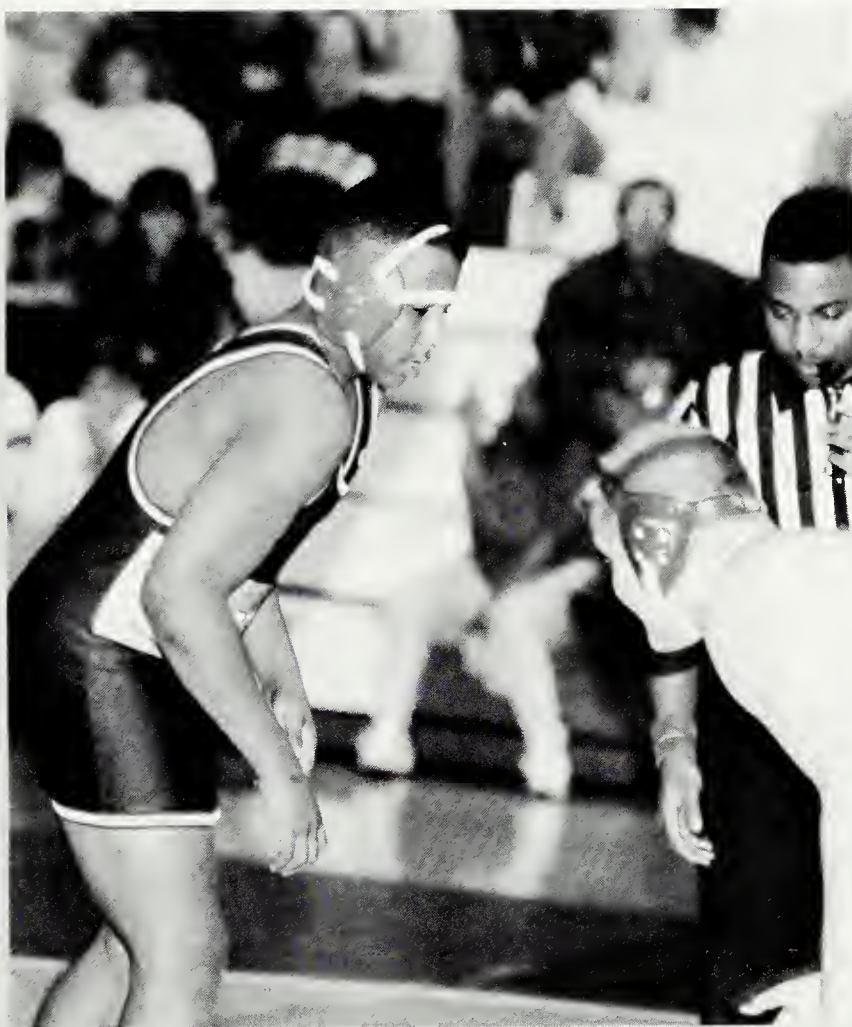
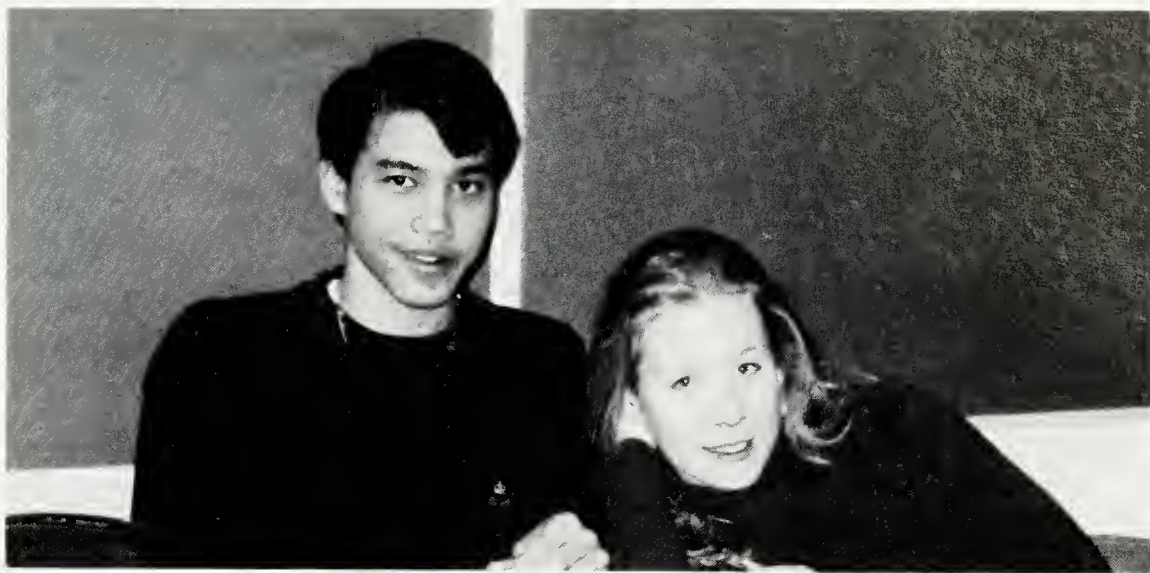
The clinic - normally avoided unless you need it or have a question. Andy Clark found it a great place to pick up health tips.





What marks a good typist? Check Lindsay Mahan, her fingers were still "doing the walking" as she posed for this shot.

High school is a time for building friendships. Allen Bock and Kati Sweeney found it to be a time well spent.



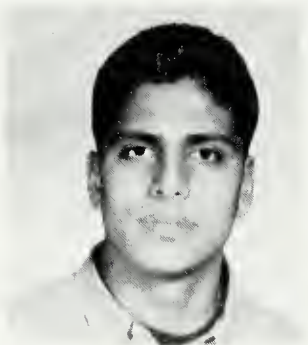
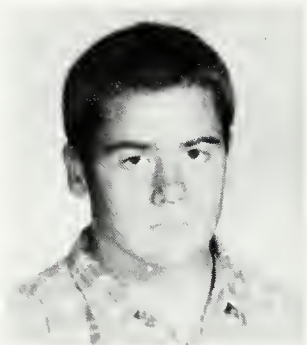
Follow through - a rule for success. Sherri Stanley used that rule on a regular basis.

A time of tension! Anthony Duncan dealt with it by reviewing his match plan - a fast pin!

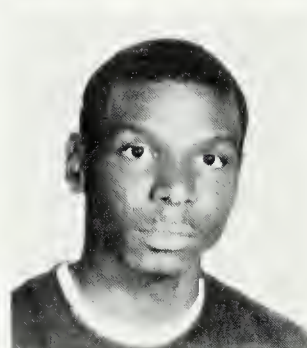
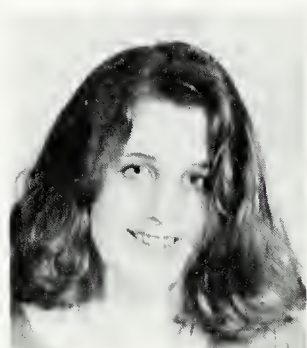


Class of 1997

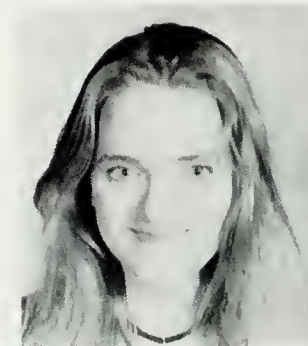
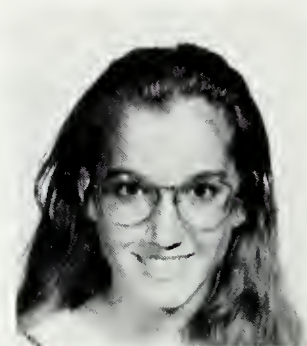
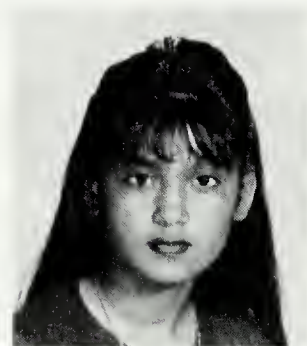
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Syed Ahmad
Homaira Ahmadyar
Anita Adler
Kelly Allen



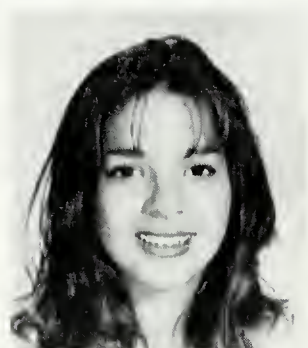
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Bruce Allison
Julius Alston
Joseph Altoebello
James Anderson

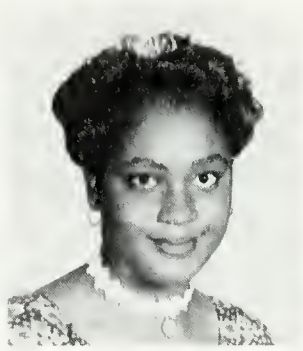


Steven Anderson
John Aragon
Jessie Arias
Sandra Asbury
Julie Ayres

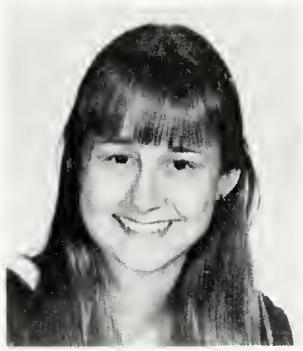
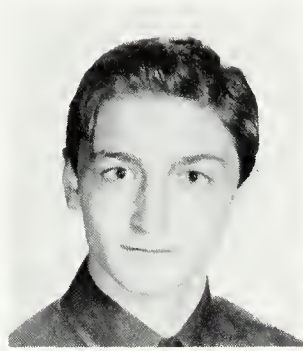
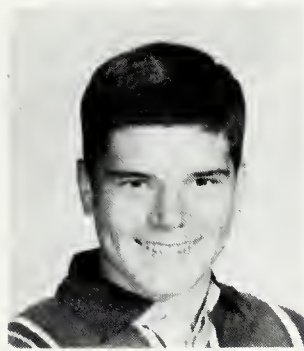
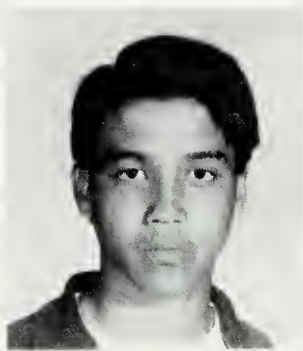


Corey Banks
Heather Barley
Joshua Barnes
Chantel Barrett
Ini Bassey

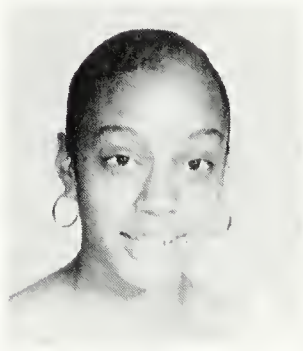
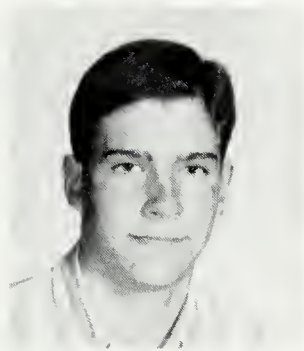
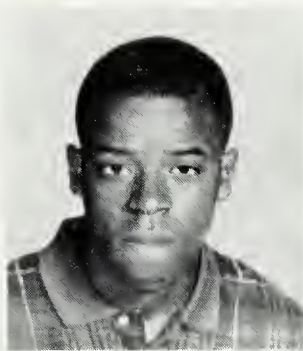




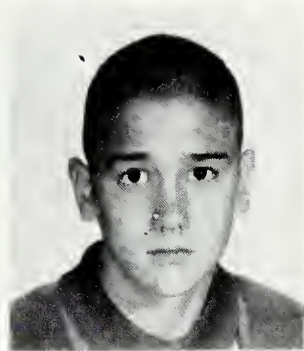
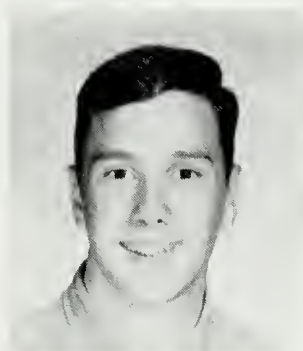
James Beavers
Melissa Bennett
Kenneth Birch
Tomika Blackwell
Shaun Blair



Jeremy Blevins
Richard Bock
Kraig Bolte
Paul Botto
Katy Bouchard



Joyce Brewer
Carlos Bridges
Scott Britt
Mike Britt
Angela Brock



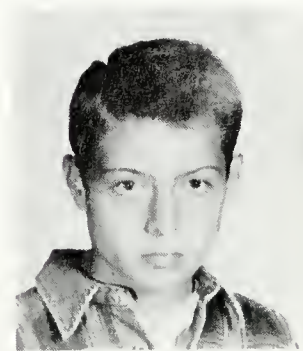
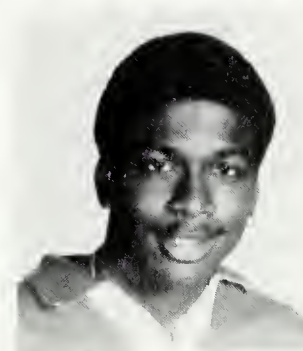
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Danielle Brown
Casey Browning
Jacob Brush
Anne Bruschi



Allen Bryan
Steven Burdette
Rashida Burke
Earl Burton
Mindy Bushey



Riva Campbell
Ryan Canada
Yukia Carpenter
Chaniel Carter
Chantel Carter



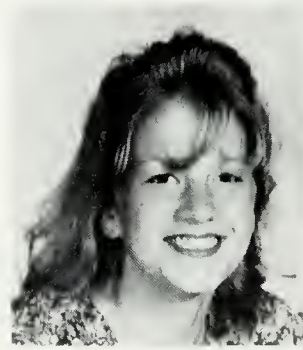
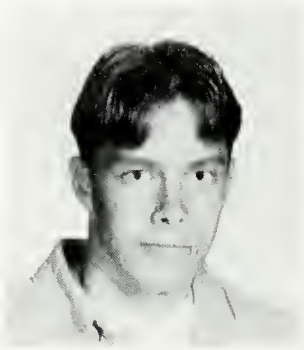
Joshua Carvahlo
Eda Catedral
Shannon Chambers
Tubarus Chisholm
Chris Chudacek



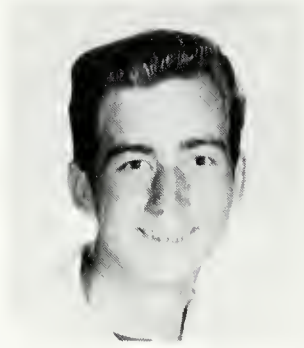
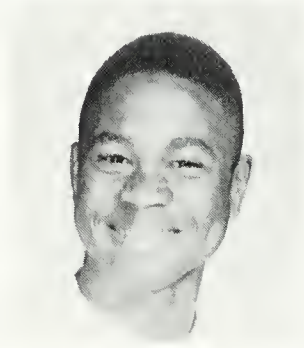
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Elizabeth Clifton
Lisa Coleman
Gina Coletto
Jamie Cornell



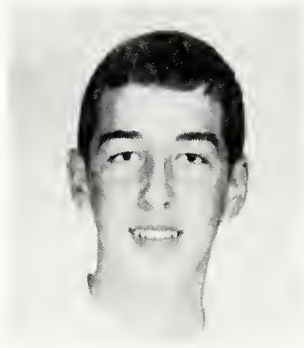
Ana Cruz
Geoffrey Darrah
Maritzita Dennison
Laura Dent
Courtney Dietrich



Damion Dillon
David Dodd



Gordon Dodson
Edith Donahue



Tanisha Donovan
Dana Douglas

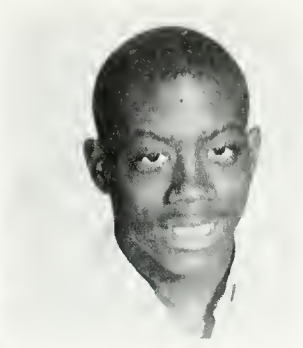
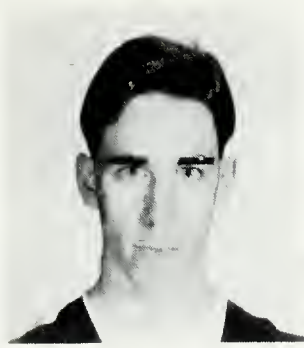
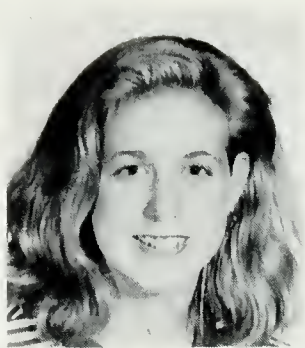


Denise Dove
Kishon Dowdy

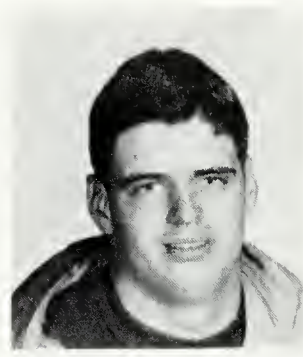
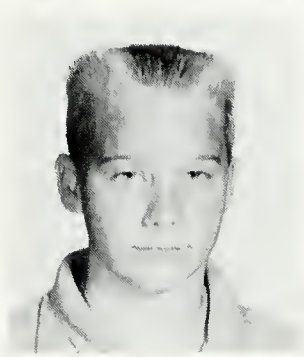
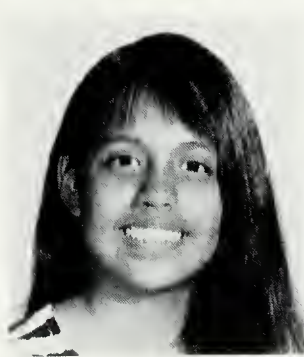


Jennifer Downs
Lori Dubois
Kirsten Duclos
Anthony Duncan
Meghan Dunn





Mary Edgington
Terry Edmonds
Thomas Elliot
Justin Ellis
Brian Elmore

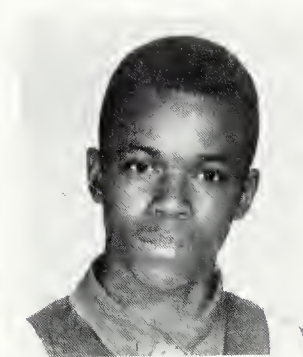


Bopha Eng
Maiba Escobar
Chris Fair
Bob Falk
James Ferguson

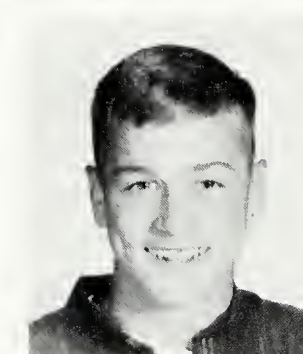
Students and teachers often react differently to the type day they had at school. It shouldn't be too hard to figure out what kind of day Riki Frechette and Mrs. Sally Shively had.



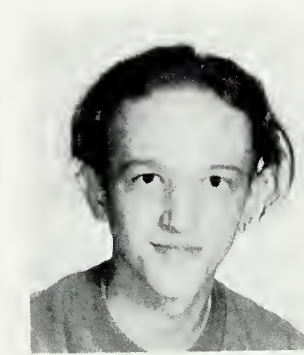
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Michael Finley



Arlynn Flecker
Adam Flethcer



Mark Flores
Andrew Flynn

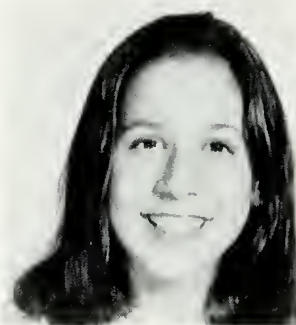


Amanda Ford
Brad Foster
Andy Fuller
Iris Funes
Kaanah Gaither

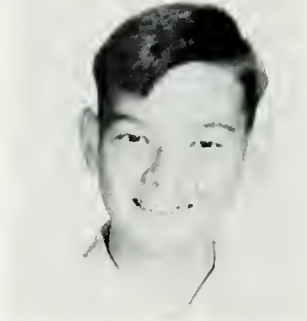
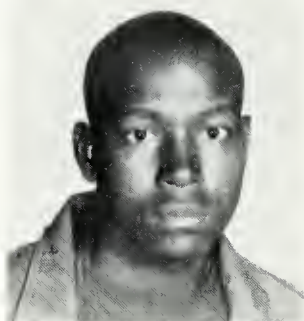
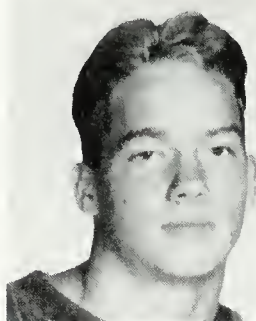


Jason Garry
Jessica Gibson
Robert Gift
Shaun Gnoffo

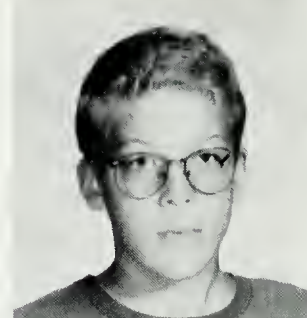
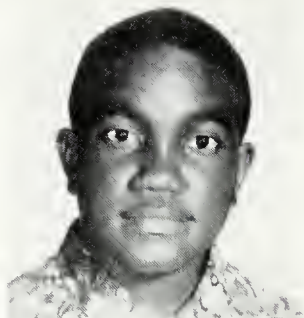
What is it like to be a
Sophomore? - YB Staff "Its
better than being a
Freshman but not as great
as being a Senior." - Anon



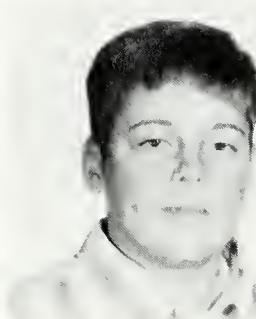
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Tiffany Goodwin
Joseph Gopson



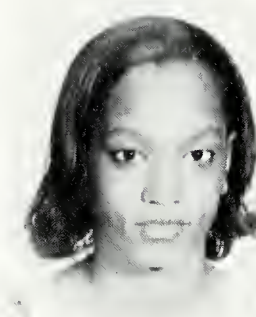
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Callie Green
Chris Grove
Ali Hampton
Jason Hamilton



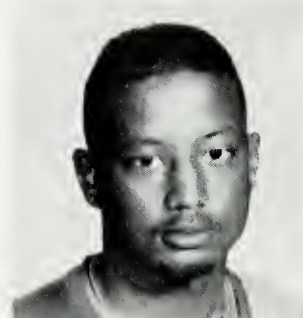
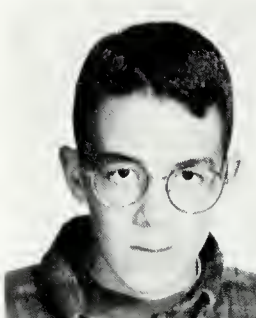
Jimmy Hanson
Tony Harris
Lindsay Hartt
Emily Hartgrove
Barbara Hashida



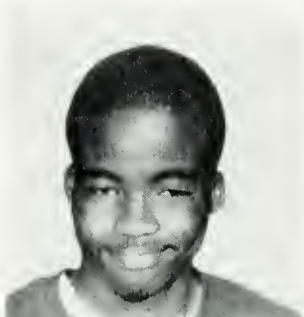
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Tamara Hawkins
Jennifer Henderson
Steve Hicks
Crystal Hines

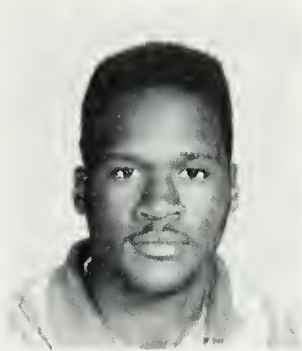


Shawn Hobbs
A. Hoevulein
Paula Hogsett
Patrick Honore
Adam Holloway



Michelle Humbles
Jeremy Humes
Lisa Maries Humphries
Nathan Hunsaker
Tin Huynh

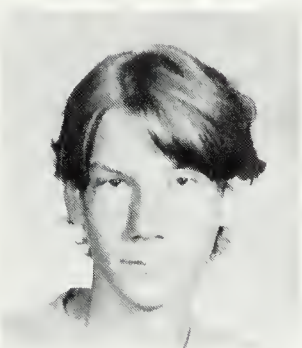
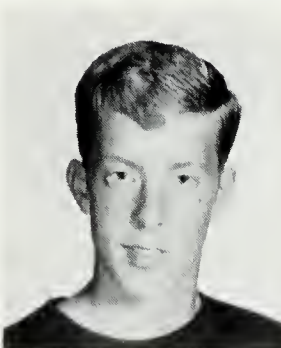




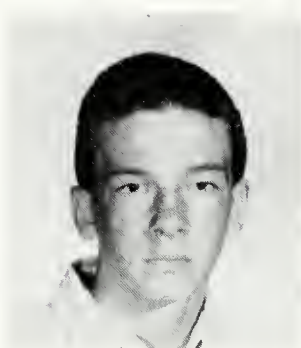
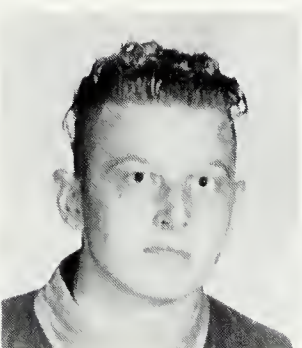
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Lisa Jahnke
Jessica Jaspin
Justin Jocewicz



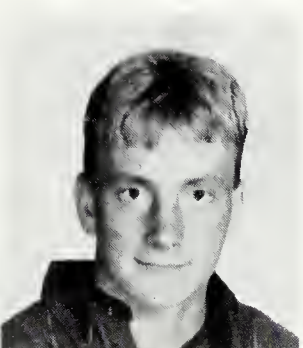
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Javar Johnson
Vashona Johnson
Darci Jones
Themba Jones



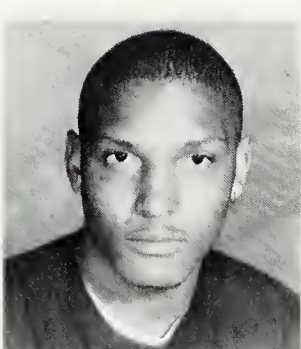
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Michael Jordon
Antonio Johnson
Isaac Kamara
Rachel Keen



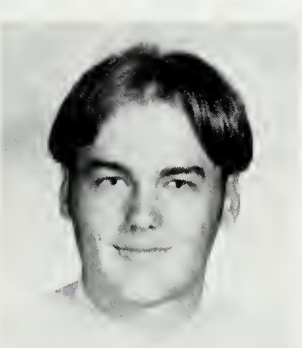
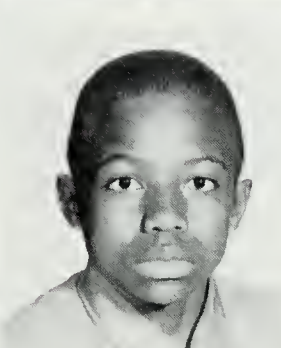
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Steve Kernicker
Joshua Keys
Tommy Kidd



Benjamin Koontz
Joe Ksanznak
David Kuhns
Thaddeus Kwiathowski
Leonor Lacosta



Dre Lacy
Jeremy Law
Heather Leach
Rashad Leven-Berry
Richard Lewis



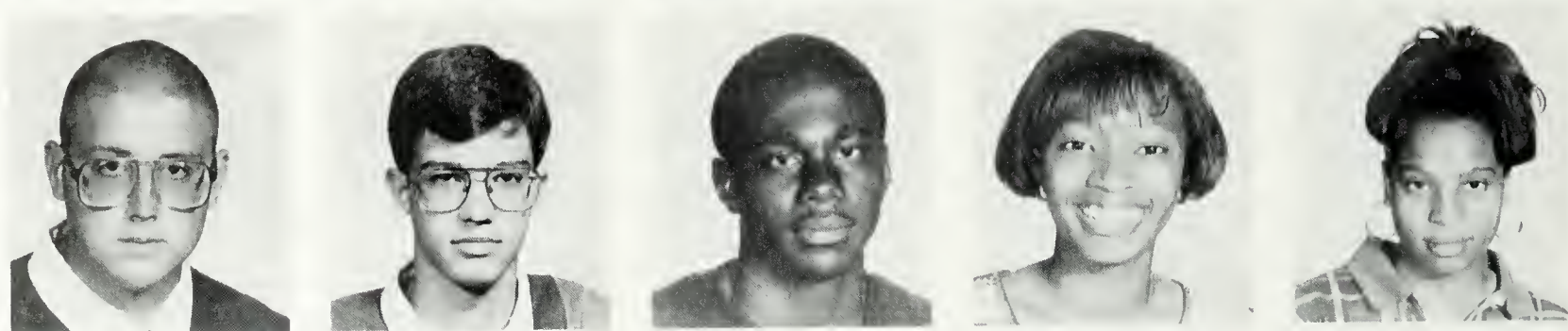
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Tim Licata
Ange Liming
Seneca Linder
Quinlin Lindsey



Catrina Linegar
 Crissy Livingston
 Lindsay Mahan
 Phon Mankhala
 Joyce Marshall



Kevin Mast
 David Matvay
 Terrence McCoy
 Adia McDuffey
 Jenell McKayhan



Tenika McMillan
 Kyle McPherson
 Jon Mills
 Ashley Modell
 Richard Motley

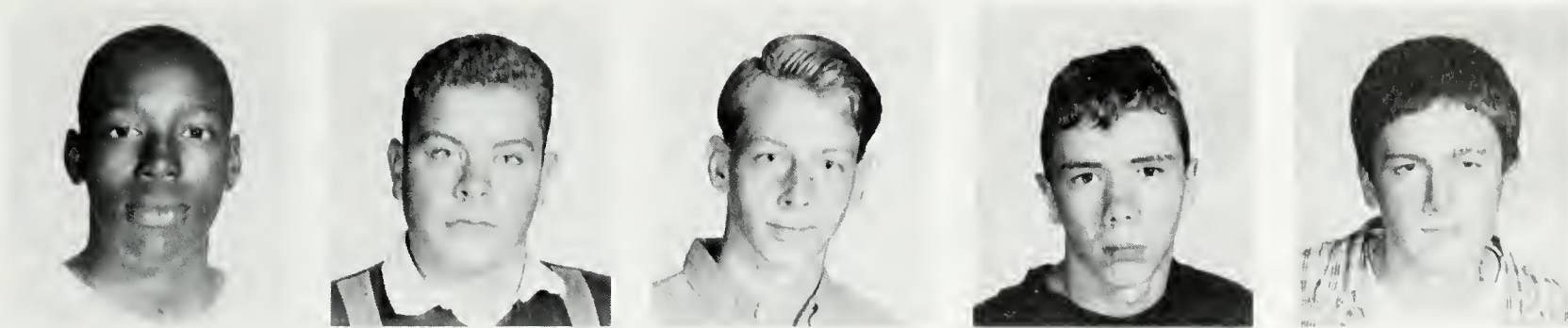


Peggy Moul
 Natasha Murphy
 Jenny Nestico
 Erin Newman
 Ryan Okuly



Working together is often the key to success. Natalie Staples lends a hand as Sandy Asbury performs some cosmetic surgery on her "baby" while Mindy Bushey reads to her from the "how its done" book.





Sam Orr
Walter Osborn
Eli Osina
Eston Ours
Mike Oxendine



Chavonne Outerbridge
Melissa Ozque
Jose Padro
Melvin Parada
Nicholas Parker



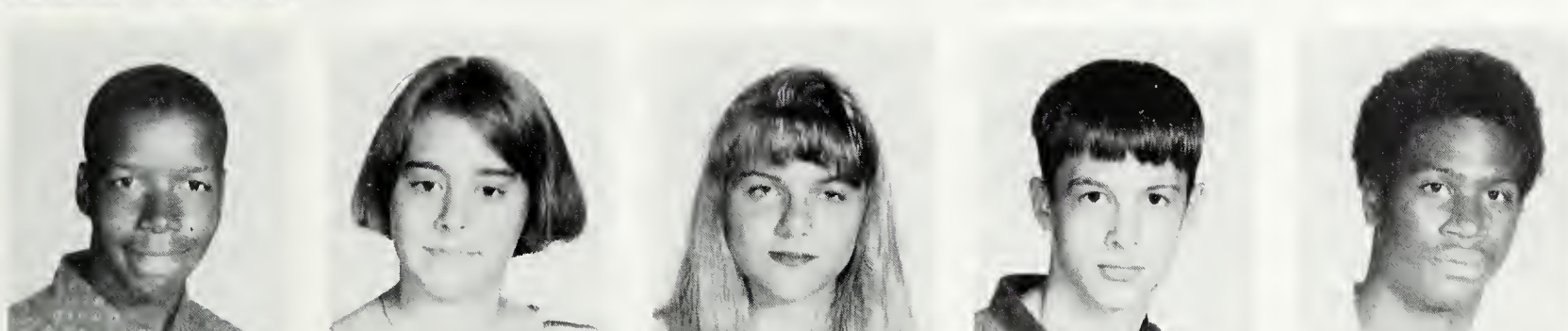
Giselle Parrish
Greg Paugh
Angie Pearson
Gerard Perminter
Vannora Phayvanh



James Pilkington
Darrell Ping
Alex Portaluppi
Felecia Powers
Ellen Prespare



Brandie Riddle
Cristian Puuna
Donald Quinn
Jeremy Rakes
Jimmy Raniella



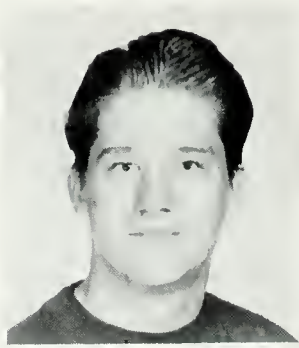
Antoine Redmon
Crystal Ried
Jennifer Reynolds
Eddie Rhode
Kenny Rice



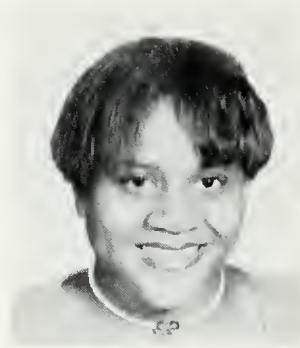
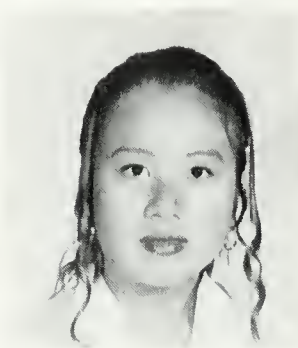
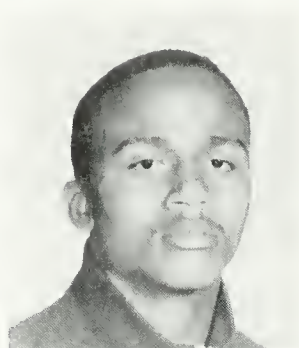
Cameron Richards
Denisha Price
Stephanie Rinker
Rainer Rivera
Robert Rivera



Christopher Robbins
Audra Roberson
Jason Roy
Robert Saliski
Maureen Scott



Kejuan Seeger
Manichan Sengsourinh
Aliyya Shafeek
Tasha Shine
Timothy Shubargo



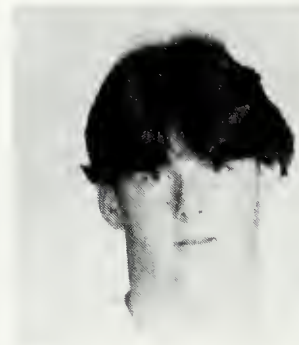
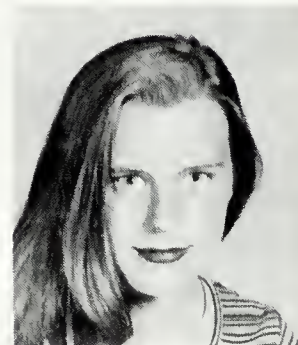
Sabrina Shubars
Benjamin Silence
Diane Simons
Sandeet Singh
Ryan Skocz



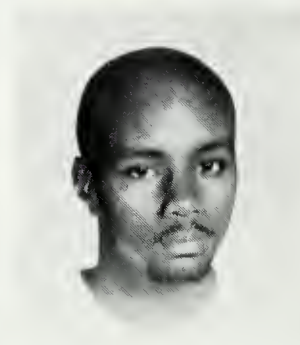
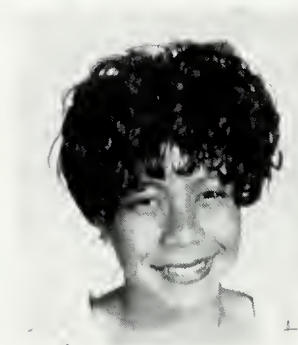
Ephaisia Smith
James T. Smith
Kim Smith
Samantha Smith
Tia Smith



Nicquia Spain
Amanda Spilker
Daniel Stadie
Bryeem Stallworth
Kelly Stalsworth



Sherri Stanley
Natalie Staples
Steven Starkey
Greg Stephens
Jennifer Stewart

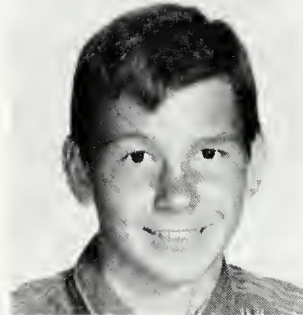


Bonjie Stokes
Christy Stoneman
John Stump
Alex Sullivan
Jamar Swanson

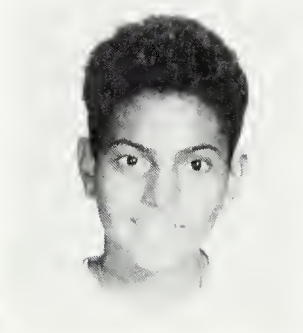
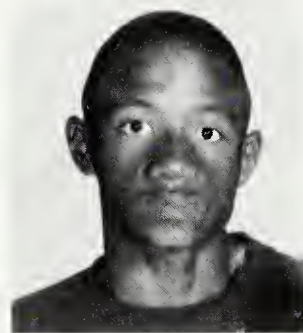
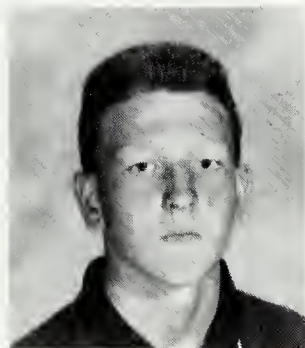




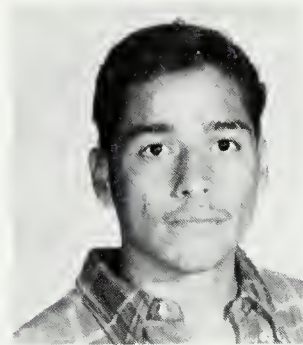
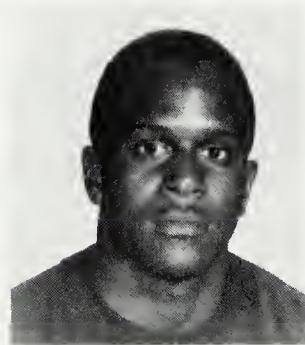
Meghan Dunn had a chance to grab a bit of peace and quiet. Looks like she really enjoyed it.



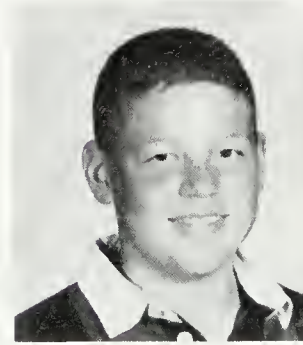
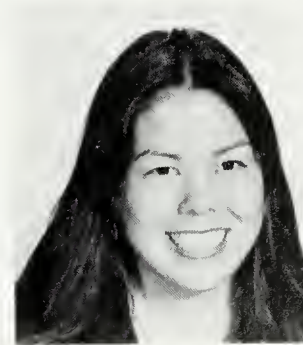
Kati Sweeney
Hollie Swilley
Leah Taylor
Deena Taylor
Rob Thayer



Curlisa Thomas
Katherine Thompson
Robert Thorpe
Deon Toliver
Danielle Torres



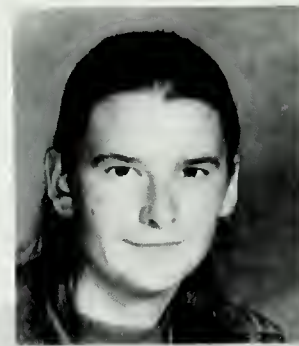
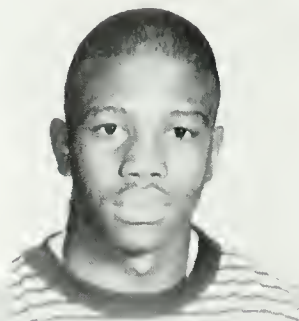
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Elisha Triplett
Sherman Vaughn
Jose A. Vega
Erika Villeda



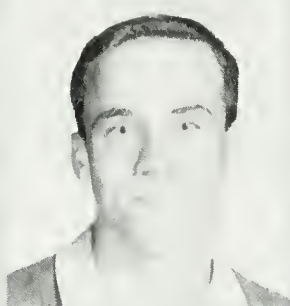
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Michelle Wagreich
Kimberly Ward
Jamie Warfield
Danny Warren



Keesha Washington
Lucien Watkins
Christopher Webster
Pam Welty
Lissa Wetherell



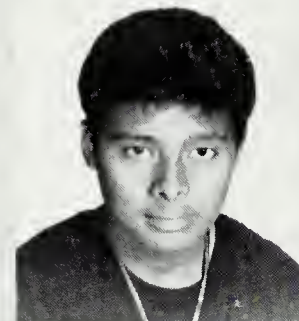
Orman Whetzel
Patricia Whitehead
Tim Williams
James Williams
Shajuan Williams



Kristine Wolf
Wendy Worthington
Jerrod Writt
Sheila Yeager
Kevin Yohey



Stuart Young
Edwin Zelaya



Some have been heard to complain about the ability of students to concentrate. Vashona Johnson seems to be doing just fine as she works on a class assignment.

Indoor soccer has become a popular sport and an ideal one for P.E. classes during inclement weather. Looks like Joe Manzanares and Adnan Karimi jumped into it with both feet.





Futures can be planned now. Rainier Rivera considers some of his options.



Jeremy Law, and Ben Silence, like to research, socialize or study for tests in our library.

A used penny will be awarded to the first person who identifies our mystery Sophomore.



Audra Roberson, Stephanie Rinker, Emily Hartgrove, Arlynn Flecker and Lindsay Mahan gear up for their skit.

This was supposed to be a discreet shot! Alas, Walter Osborn foiled the plan!

Deon Tolliver, like many wrestlers, has a certain look just before his match. Next!

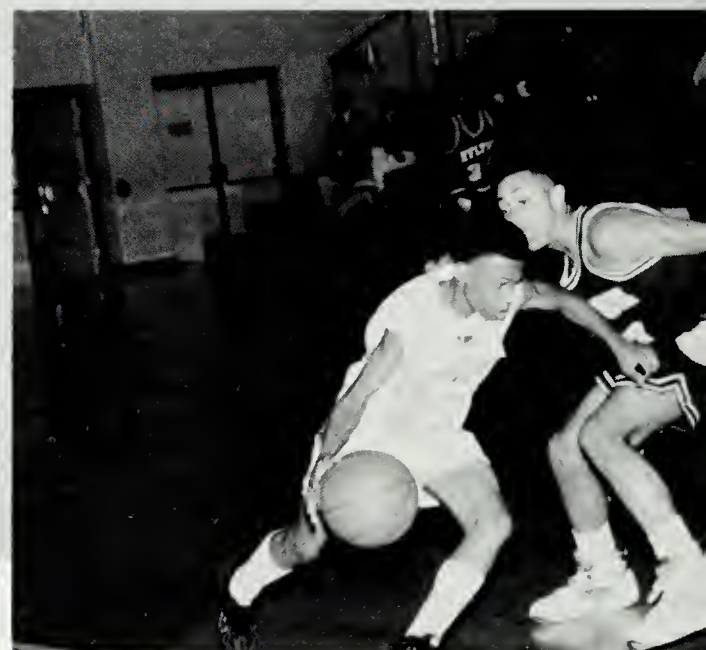


Freshmen

The art of others often influence a young artist's efforts. Blake Dowell spent some time following up on this point before starting his art project.



Everyone does not react the same way in a given situation. For proof, just check Brandy Ransom's response and compare it to the others in this photo.



Students often find themselves having to balance (an upscale word for juggle) a variety of activities. Check out Number 23! It looks like he has his "activities" together.





These freshmen sound good now! What do think four years on the trail will do for them?

The Homecoming Game was a varsity affair but the team got a lot of support from John Gurley and his freshman teammates.



High school life is not all books and tests as David Uribe, Bree Sutherland, and Teddy Nelson "learned" at a Panther dance.

Life on the trail requires a lot of personal drive, like that shown by Lauren Andrzejewski as she moved up court.



Class of 1998

July Acuesta
Shelly Adams
Damien Agustin
Syed S. Ahmad
Joseph Alexander



Richard Allen
Tedd Allen
Alicia Alston
Michael Alston
Lauren Andrzejewskil

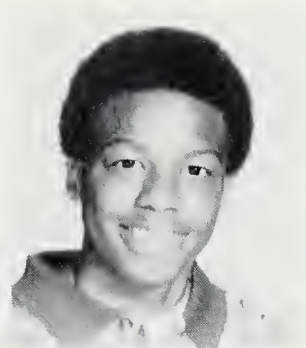


Gerald Anthony
Karla Antonio
Shannon Arnold
Amy Arrington
Marc Atkinson

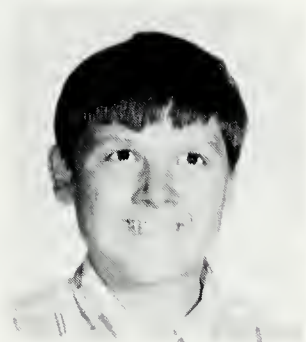


Jennifer Avalos
June Ayres
Maria Bailey
Mark Bailey
Clayton Baker

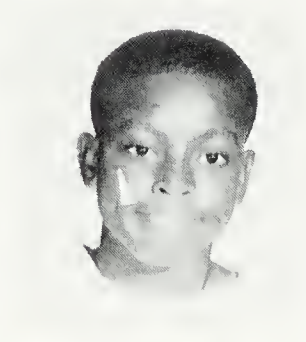
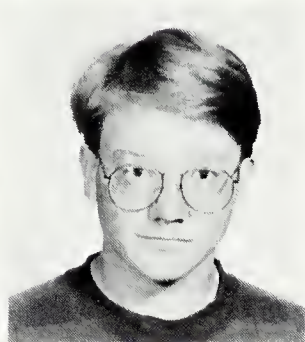
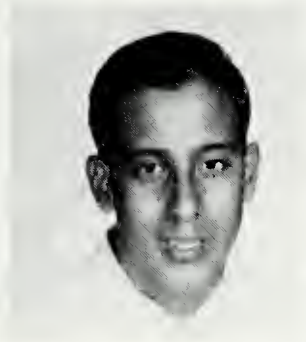




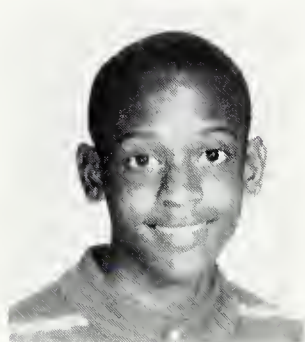
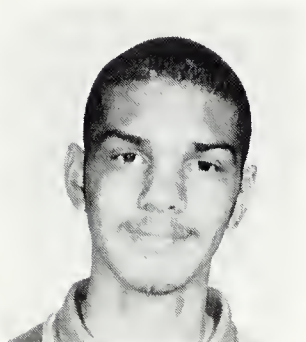
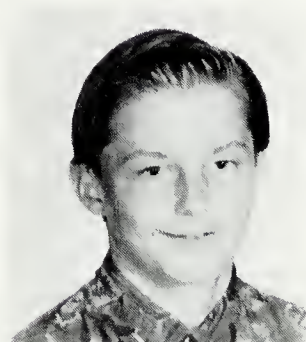
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Clifton Barbee
Chris Barrett
Justin Barta
Robert Bartley



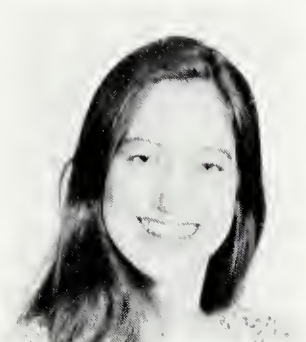
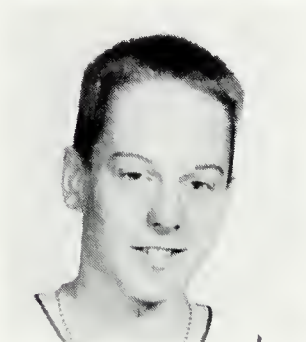
Eleanora Bates
Aaron Baty
James Baumann
Rooney Bell
Lynnette Bellamy



William Bellamy
Olger Benavides
Jennifer Bergesen
Thomas Bernhardt
James Berry



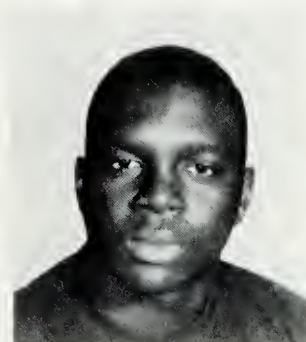
Sheryl Berryman
Tommy Bishop
Kenneth Black
Julian Boggan
Bryan Bohn



Melinda Boone
Michael Booth
Corina Boyce
April Boyd
Matthew Bradley



Stephen Bradley
Andrew Bradshaw
Christina Breson
Brianne Brewer
Janet Brewer



Bryan Brown
Emanuel Brown
Kristi Brown
Douglas Browning
David Brunais



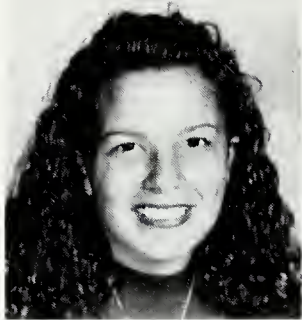
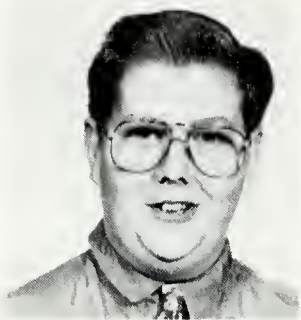


It took many hands to make the Madrigal Dinner a success. Jeff Easton's came in handy in ensuring guests got their meal while it was still hot.

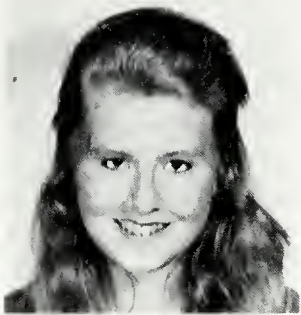


Sometimes its better if players, like Alisha Lewis, show rather than say what they think about a ref's call. "Ref - No Foul! I was this far away when my "worthy opponent blew her shot."

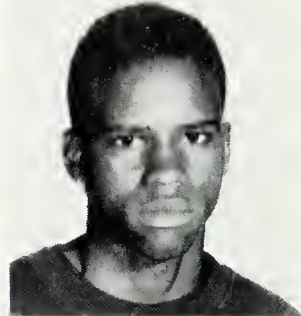
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Jenny Bryant
Sharice Bryant
Douglas Bryant



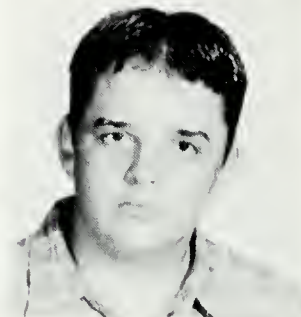
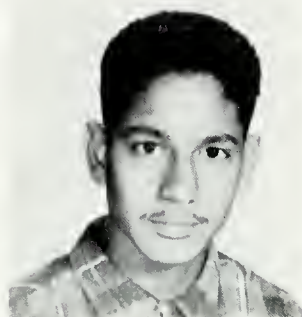
Carrie Byrd
Rachelle Byrd
Shonnell Campbell
John Cannady
Kevin Capach

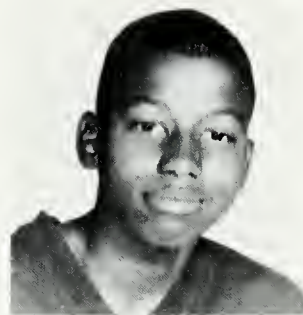
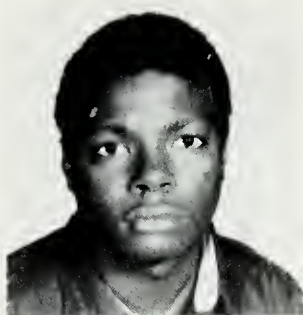


David Carr
Dominique Carroll
Andrew Carter
Antonio Capron
Cathy Caseman

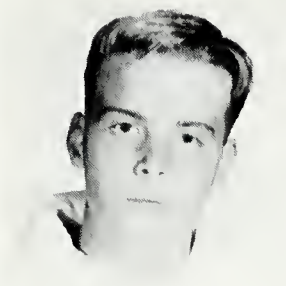


Delia Castillo
Trinidad Cintron
Andy Clark
Keith Clark
David Cogar

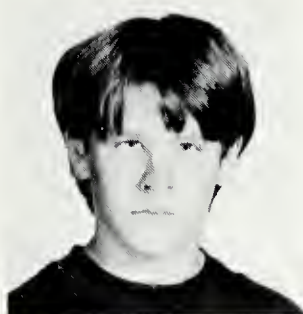
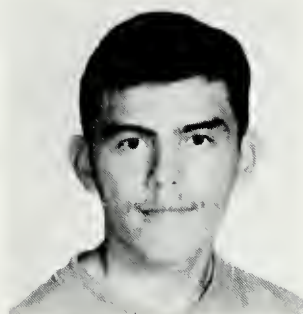




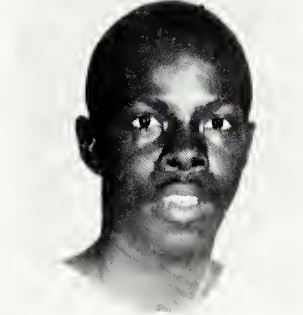
Alfredo Coimbra Jr.
 Ronald Coleman
 Vinny Conispoti
 Jose Cook
 Lana Coppola



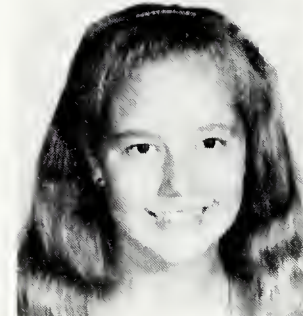
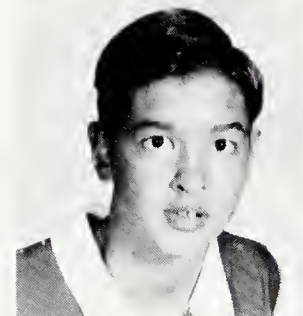
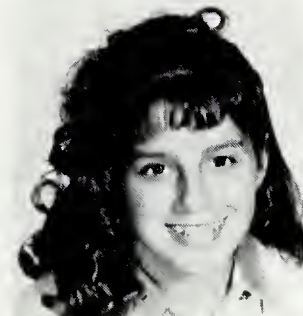
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 Aaron Crenshaw
 Chad Crouch
 Terraine Crumity
 Connie Cruz



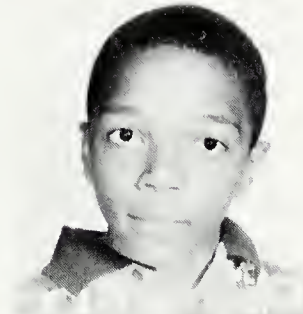
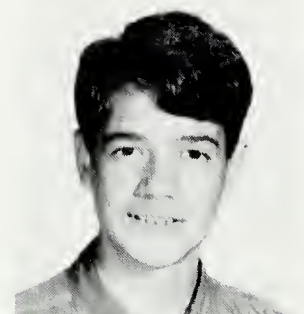
Roberts Cuevas
 Jeremy Curtis
 Ryan Dalton
 Micheal Dannenberger
 Catherine Davis



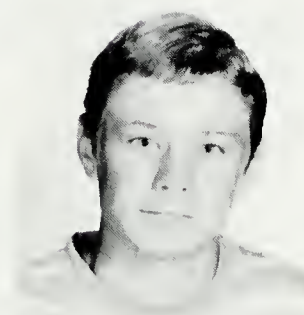
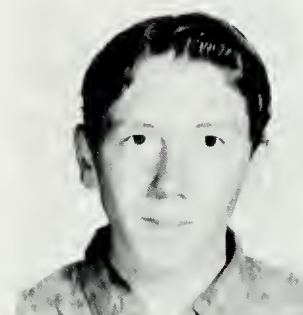
Charles Davis
 Renee Decker
 Michele Delvalle
 Jesse Demby
 Michelle Demille



Aja Dempsey
 Rebecca Dent
 Michelle Denton
 Mike Dickerson
 Stephanie Dillard



Virginia Dirpe
 Blake Dowell
 Nicholas Domenech
 Adolph Duplessis
 Anoy Douangphoumy



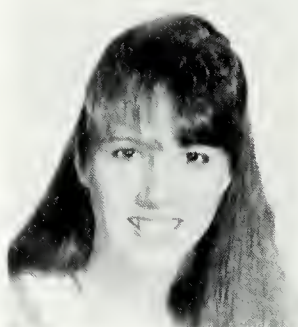
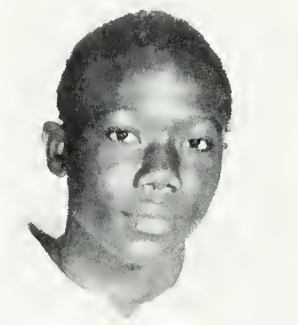
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 Denise Dubois
 David Dyson
 Jeffrey Easton
 Ebony Edwards



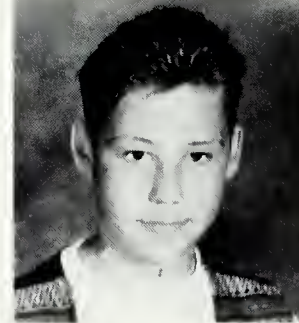
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Gerardo Espinosa
Nina Faison
Natasha Fanion
Wendy Farr



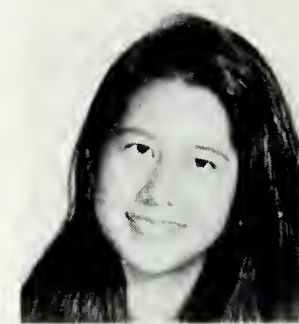
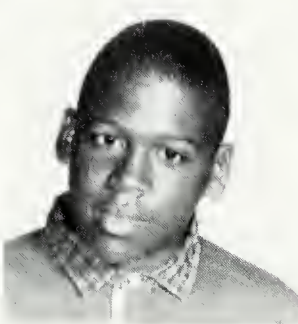
Demetrius Felder
Desiree Figueroa
Amanda Fine
Candice Finn
Kelly Finucan



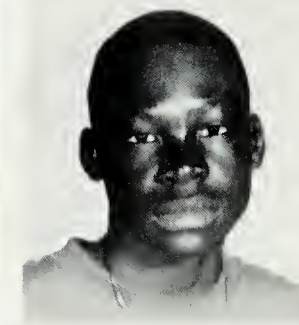
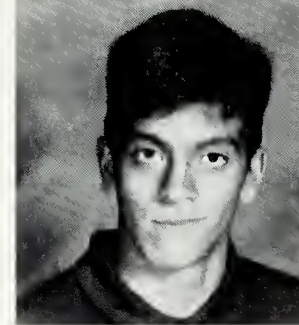
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Jay Fitzgerald
Patrick Flynn
Ryan Folliard
Angel Fourquet



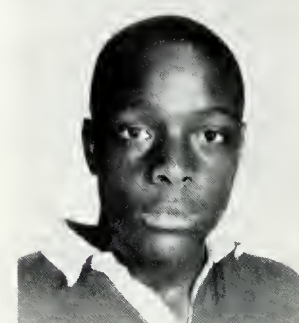
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Christina Fullerton
Jenny Funes
Amber Funkhouser
Donna Galvin



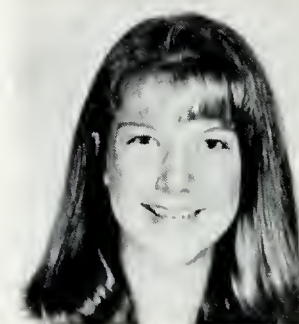
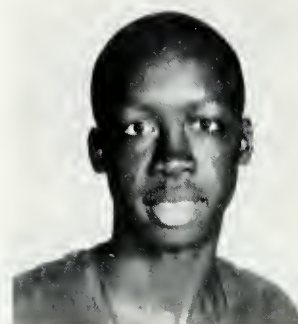
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Kelly Garrett
Tameika Garrett
Josh Garry
De Rell Gay

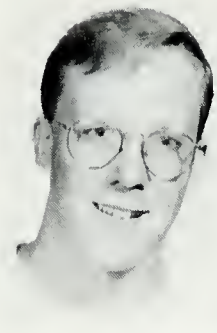


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Stacie Gift
Jennifer Gould
Rickey Graham
Kelly Graves

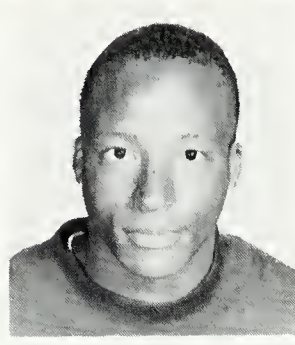
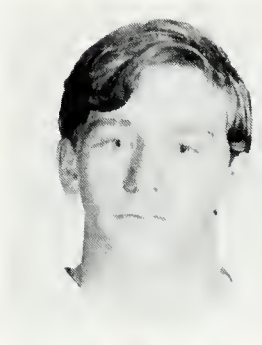
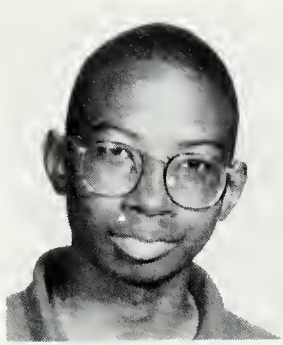
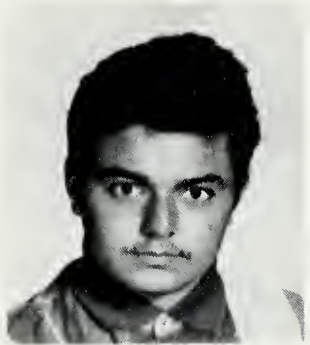


Jaela Grayson
Ryan Greek
Bernard Green
Lindsey Green
Lynn Green





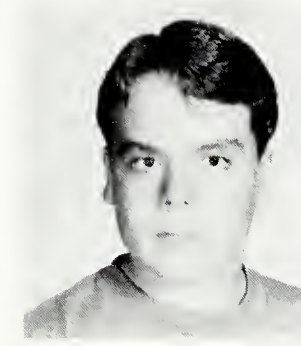
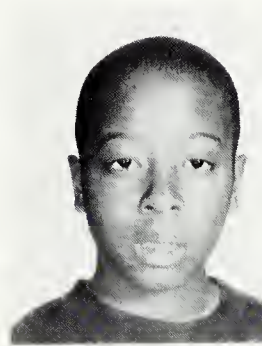
Nicole Green
Joel Greer
Tamika Griffin
Kelly Guillory
Jonathan Gurley



Cristian Guzman
Brian Hadley
Robert Hagy
Larnell Hamn
Amelia Hampton



Brian Hancock
Nicole Hanna
Robert Harbs
Chera Hariston
Natasha Harmon



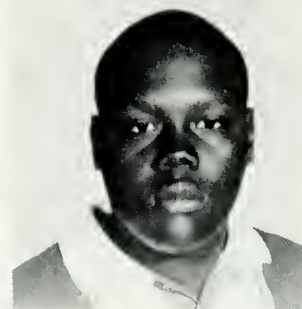
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David Harris
Michael Harris
Monique Harris
James Harrison



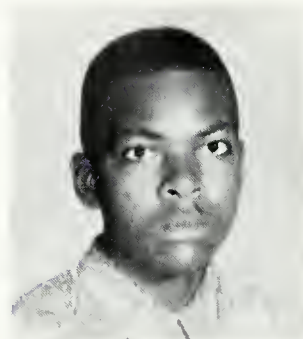
Sometimes underclassmen take "heat" from upperclassmen for their lack of social graces and other crimes of "weirdness." On other occasions, freshmen students like Brandy Ransom are well within their "rights" to question the sanity, etc., of their "upperclass" classmates. Would you take the comments of an upperclassman seriously, when (?) is obviously suffering from a bad hair, lousy makeup, and a "I wear whatever is available" day?



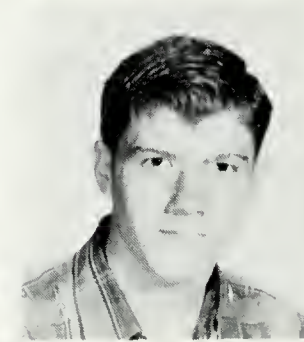
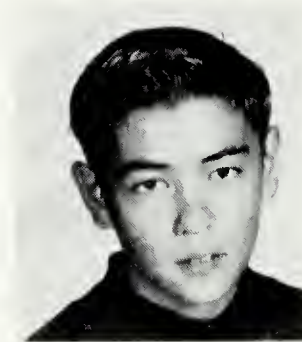
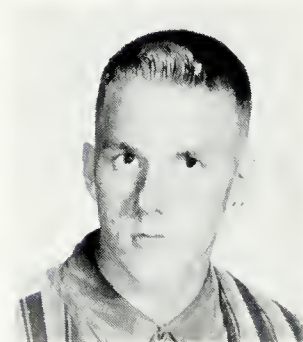
Andy Hartberger
Chris Hasychak
Jon Hendricks
Ronald Hendricks
Mollie Henley



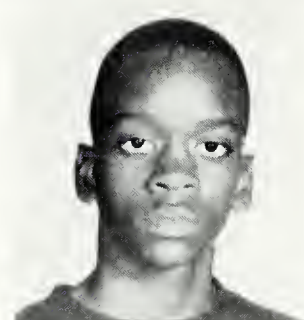
Lacey Hill
Jackie Hills
Diane Hines
Elizabeth Hofer
Thomas Hitaffer



Hannah Hofmann
Christina Holt
John Holtzman
William Hopkins
Frank Hornback



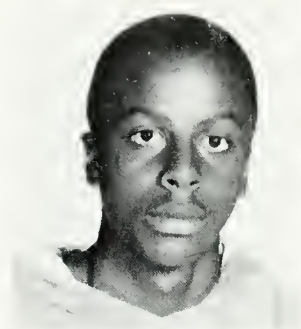
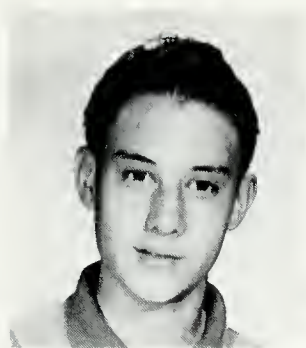
Walter Howard
Kevin Hughes
Ana Hummel
Telma Imaca
Betsy Jaraback



Art I students learn that patience, percision, and a personal vision help to make works of art great. Shyree Williams and Kena Scott were captured on film working patiently and precisely to make their vision a work of art.

Most people agree that B'ball is won basket by basket. Virginia Meyers is one of those people. That's why she took her shot from where she was. She knew she could make it and did add another basket to the team's score.





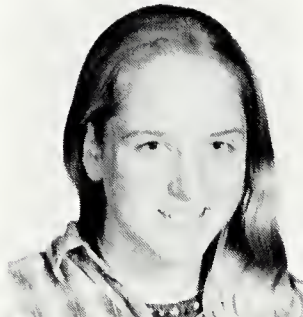
Shawana Javaid
Josh Johnson
Merl Johnson
Samantha Johnson
Terrell Jones



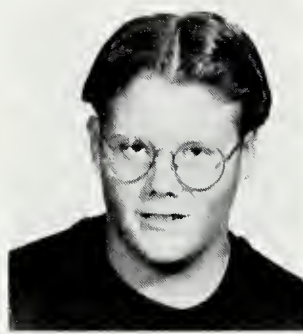
Lashanda Jordan
James Juggins
Antwan Justbuddy
Ishmael Kamara
Travis Kane



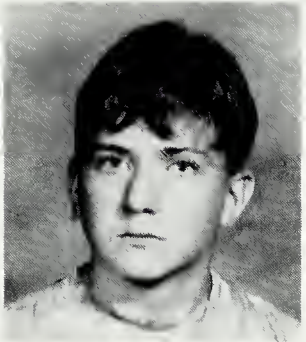
Chris Kelly
Dale Kennedy
James Kennedy
Aman Khan
Stephanie Kinikin



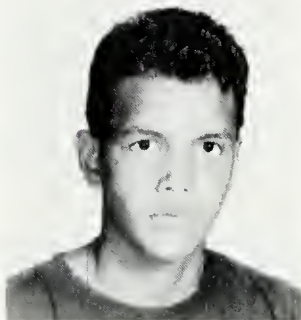
Amanda Kinson
Latoya Kirkland
Melissa Kirkpatrick
Sara Kleinhample
Raven Knoppel



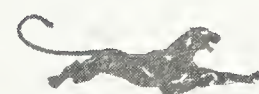
Ben Knott
Timothy Kuhn
Michael Lambert
Cavelle Lamy
Tammy Laursen



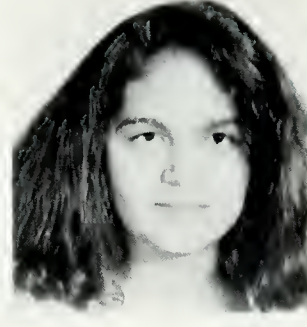
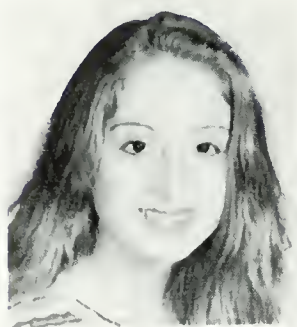
Norman Lawhorn
Amy Lawter
George Leach
Melissa Leiter
Justin Letendre



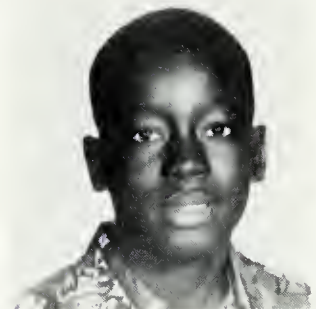
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John Lightfoot
Jared Linder
Jerel Linder
Troy Limerick



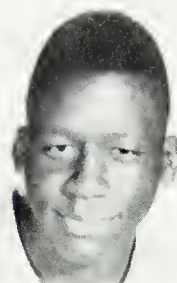
Samantha Litzinger
Kelly Love
Rachael Lovett
Dimarie Luciano
Jenni Maddox



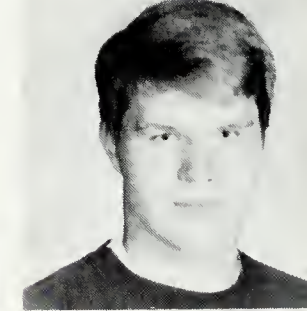
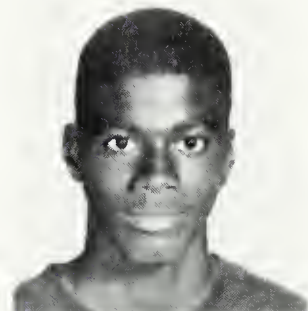
Helena Major
Robyn Malter
Marcus Mapleh
Eugene Marhard
Travis Marion



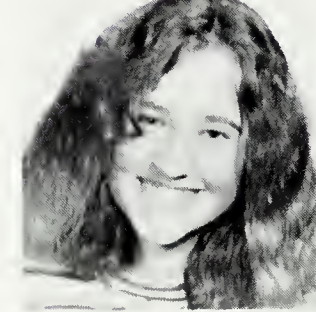
Emanuel Marion
Adrienne Marks
Kristen Marr
Dana Marshall
Kendra Marshall



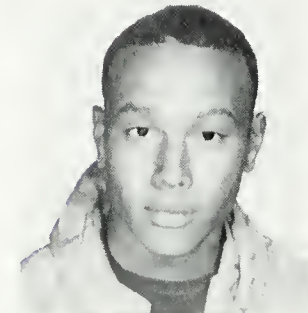
Mike Marshall
Ray Martin
Tiffany Marvel
Patrick Maupin
Laurie McCoy



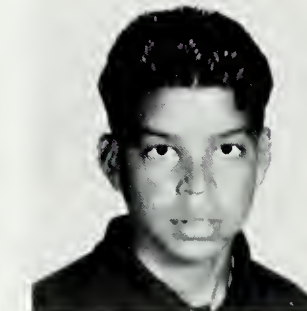
Monique McMelveen
Andrea McNally
Megan McNeil
Tekisha McWilliams
Jason Meares

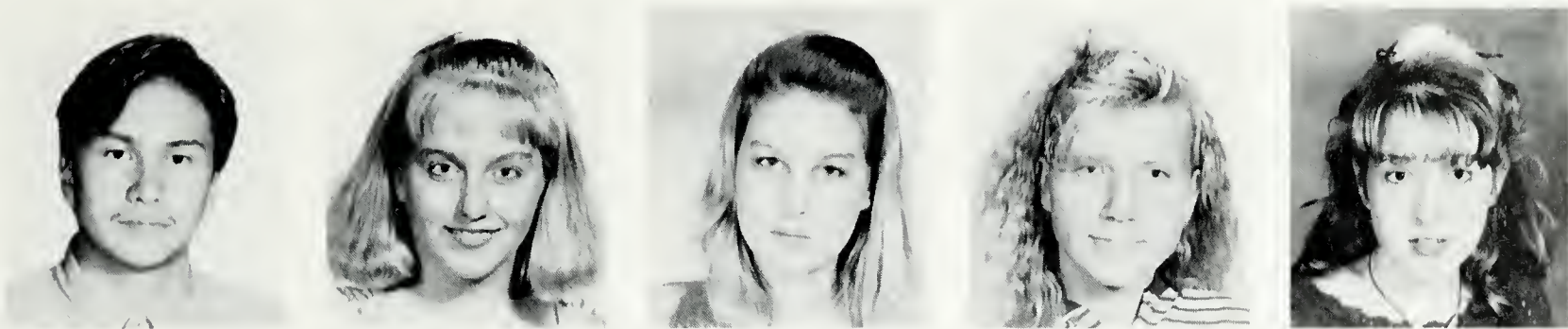


Joe Medina
Emelio Mendez
Lisa Merrix
Patrick Merryman
Lendon Meyers



Virginia Meyers
James Miller
Darrick Mitchell
William Montenegro
Brandy Moore

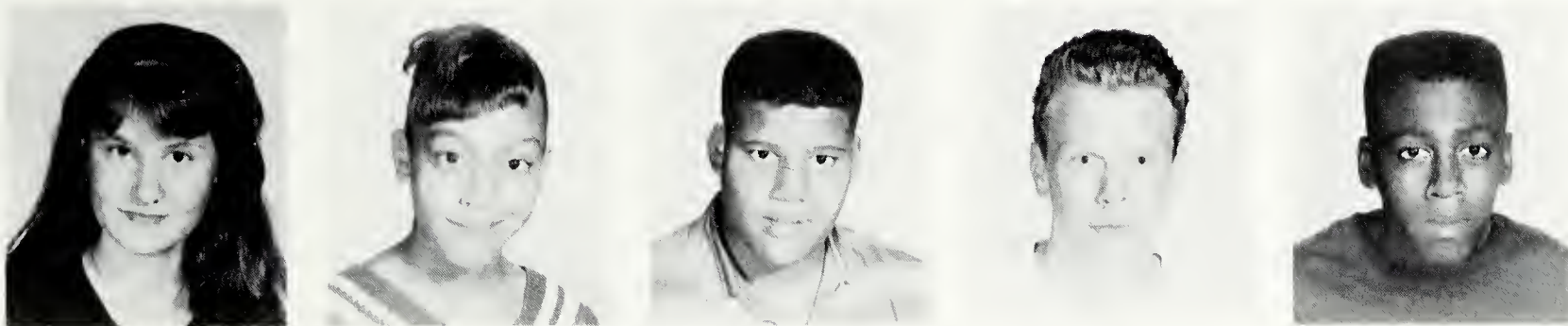




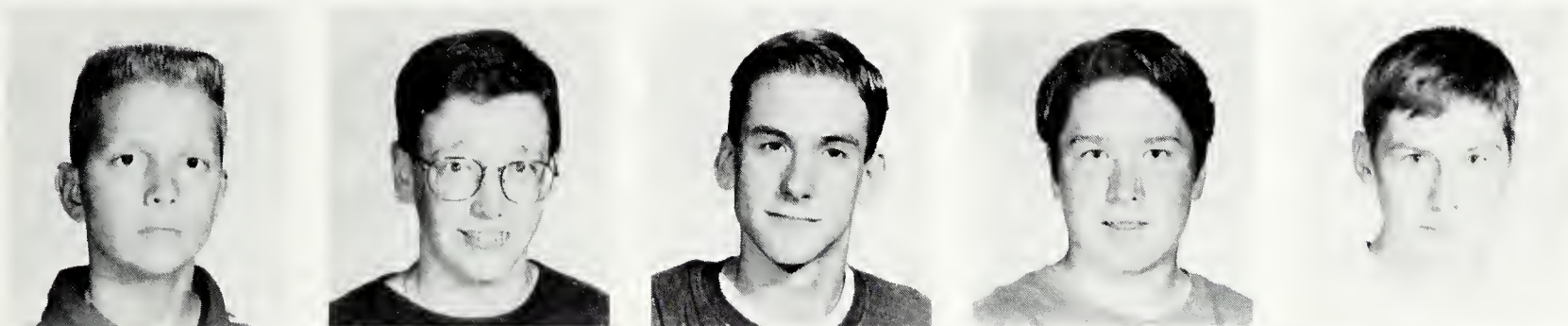
Carlos Morales
Laura Moran
Amber Morgan
Crystal Morgan
Donna Mullins



Cristie Namata
Daniel Nassick
Teddy Nelson
Maleeka Nettles
Patrick Newey



Jennifer Newman
Olivia Newsome
James Nieves
Josh Nix
Conrado Notyce



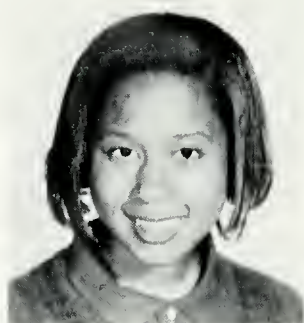
David Novitsky
Matt Novogradac
Tim Nugent
Tony O'Brien
Joshua O'Neil



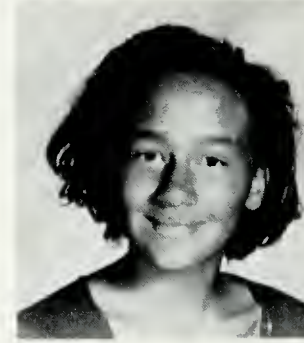
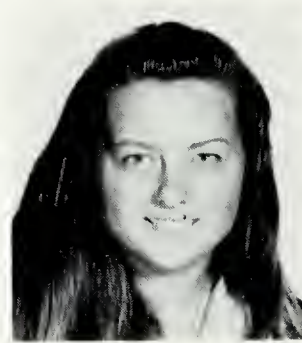
One of the nicest things people can experience is the smile of another, particularly when they are real. Notice the smiles of Sherell Rowe and Kendra Marshall as they pose for a picture after a big game.



Ladonna Owens
 Karhonda Parker
 Kurita Parker
 Steven Parker
 Richard Paulus



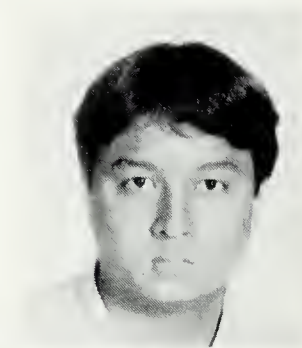
Christina Paxton
 Wendy Payne
 Steven Pence
 Mary Petrovitch
 Stephanie Philips



Crystal Pinna
 Laura Popisil
 Andrew Potter
 Eric Poulsen
 Nanika Powers

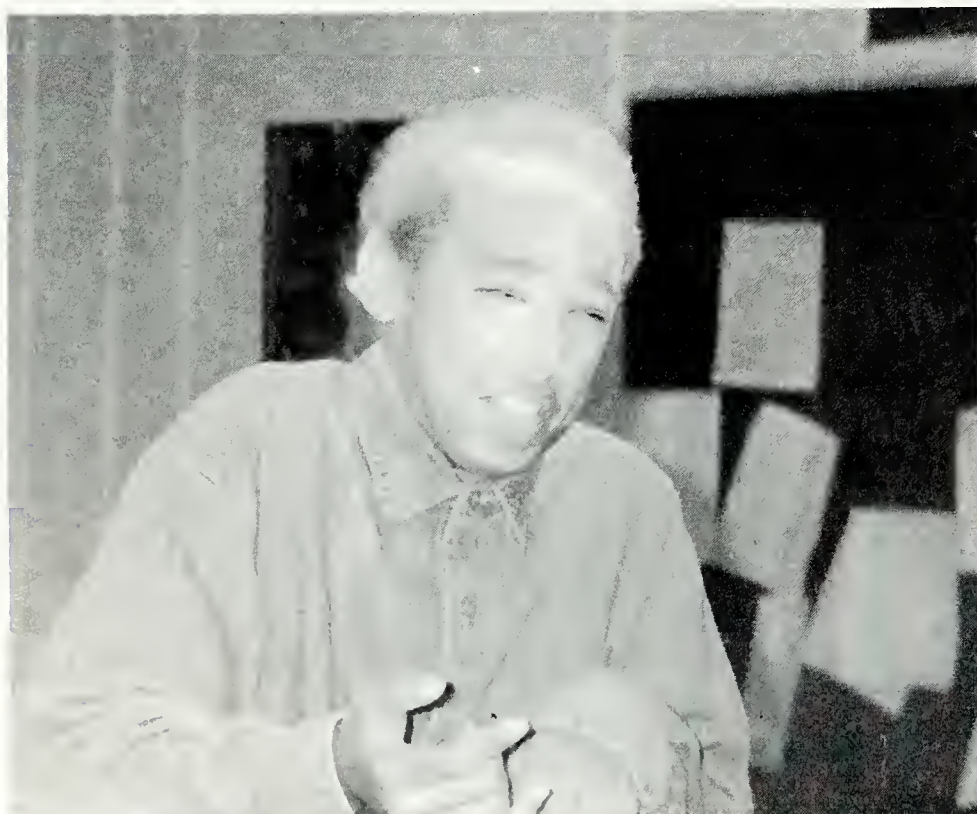


Carrie Pritt
 Leslie Quinlan
 Makim Raheem
 David Raley
 Brandy Ransom



Space, time, patience, and skill are part of the "arts" experience students can gain at Potomac. Amy Harris puts them to good use as she drafts out her next project.

Sometimes actors use makeup to take on different roles and get mixed up! Then there are times when twins, like Jared Linder (or is it Jerel Linder?) put on make up and get the rest of the crew mixed up.





Thaddaus Rasmussen
Katie Rathbone
M. Rathore
Ron Reaves
Erin Reilly



Bonnie Reiser
Brock Renner
Mike Ridley
Michelle Rison
Fred Robertson



William Robinson
Richie Rodillo
Brandon Rogers
Chris Roop
Jennifer Rose



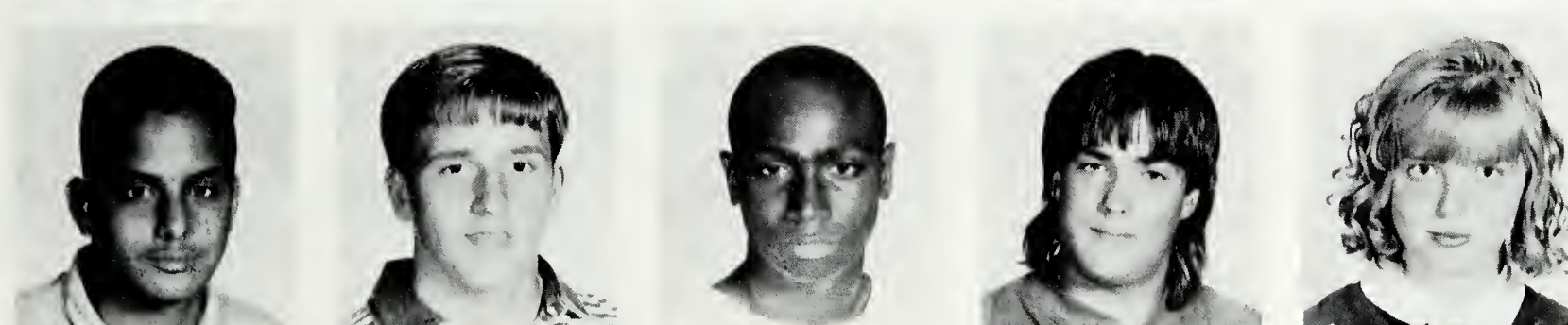
Sherell Rose
Robert Roy
Robin Roy
Jodi Ruhren
Jonathan Russ



Jennifer Russell
Dominique Safford
Julia Salmeron
Karl Sampson
Tina Samuels



Devonn Scott
Jarius Scott
Kena Scott
David Seemiller
Greg Shalawlo



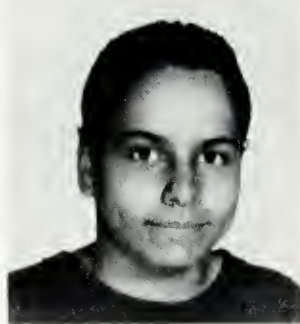
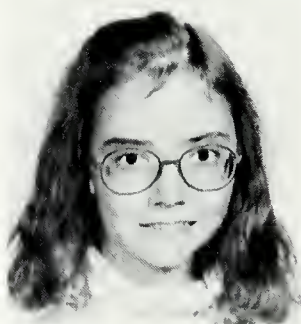
Husien Shehada
Mark Shores
Harold Simmons
Michael Simonson
Amy Skillin



Chanel Smith
Eric Smith
Jeffrey Smith
Kurt Smith
Ronald Snyder



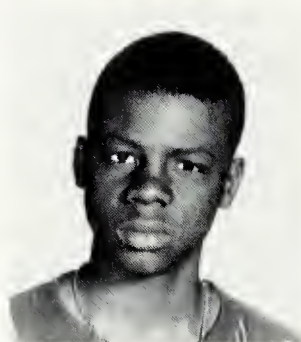
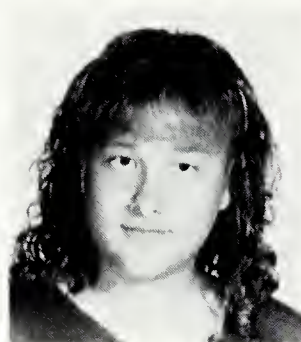
Kelly Solie
Mike Solomon
Jennifer Sorrell
Roberto Soto
Litsala Soundara



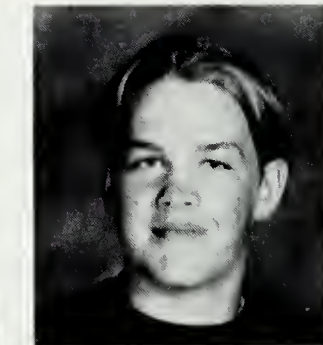
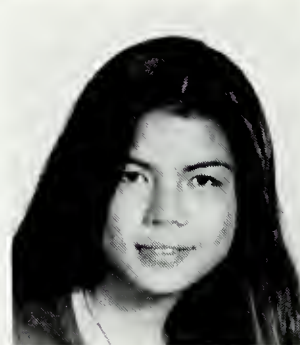
Christina Spence
Amanda Spicer
Christopher Spidler
Kimberly Spraker
Julie Sproesser



Carrie Stallworth
Mindy Stecher
Correlus Stephens
Amber Stewart
Andre Stewart



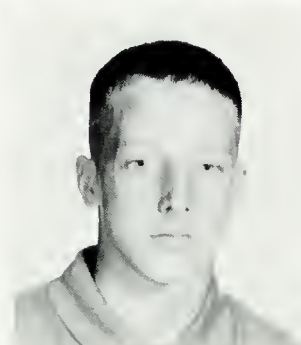
John Stine
Stacey Summerville
Bree Sutherland
Andrea Suzara
Ashley Talcott

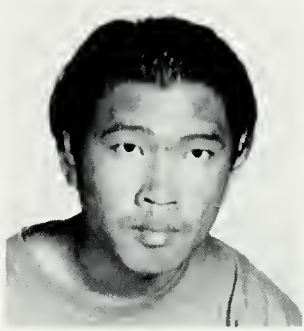


Lenny Taylor
Sharon Theisen
Pat Thomas
Joey Tinney
Elizabeth Trawinski

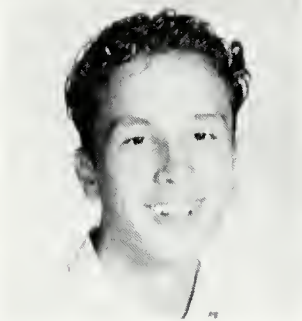
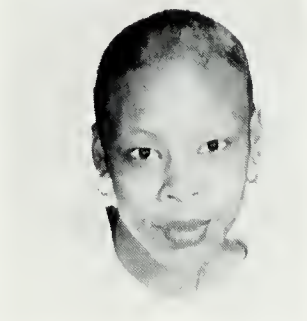


Pete Trevino
Michael Turner
David Uribe
Charles Vandergiff
Jessica Vasquez

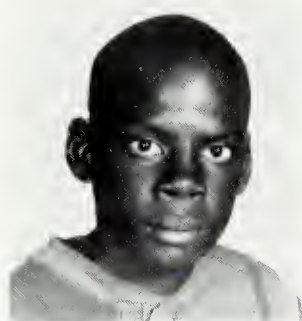
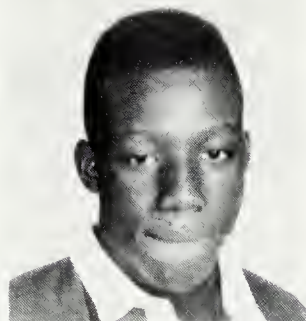
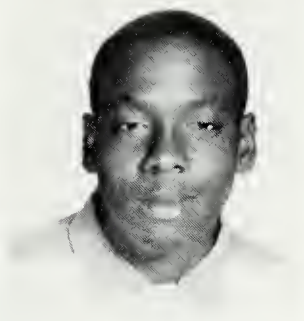




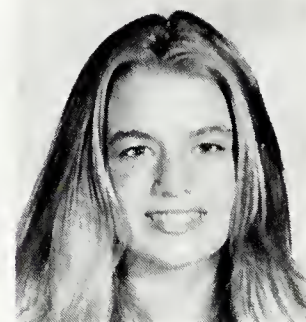
Kristine Villaveal
Phayarath Vongphakoy
Tesheka Waddler
Christina Wang
April Washington



Shanta Washington
Charlene Watkins
Heather Watson
Mike Wears
Alfredo Weeks



Mathew Wellman
Morta Wider
Deraun Whitehurst
Faheem Williams
Edwina John-Williams



Shyree Williams
Theresa Williamson
Janell Withers
Leslie Witt
Elizabeth Woltering



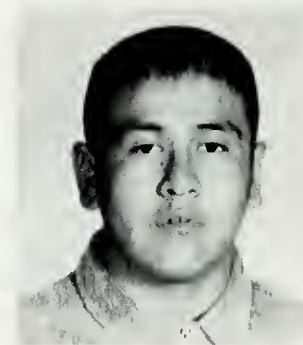
Sometimes upperclassmen think it's hard to get Freshmen to focus on the day's subject matter. However, when you have the right teaching material, like an "it does it all camera," "focusing" comes automatically as shown in the picture of one of Ms. Collins's classes.



Tanya Wood
Everett Woolen
Clifton Woolfrey
Crystal Woolfrey
Christine Wong



Beth Yalch
Sergio Yona
Ivette Zapala
Jose Zenteno



Landon Meyer reviews some of his physics lessons as he readies for his work out. "Let's see mass, velocity, force, etc. No they wont do! Now I remember! NP = NG (No pain - No gain)."



A school's future is found in the hands of, and seen in the faces of, its students; as is a team's. The faces of freshman footballers Johnathan Gurley, Venturus Fuller, Terrell Jones, Damien Agustin, Mike Alston, William Bellamy, and Emanuel Marion seem to indicate that Potomac and its teams have a "can-do" future.

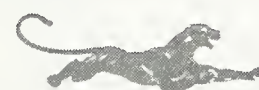


A new twist was developed for freshmen students this year. They got to take Physics up front. They quickly learned from Mr. Fox's lessons that Force (class effort/home study) can impact on the Velocity (speed of mastery) and Accuracy (test scores) of Physics at Potomac.



WARNING!

*COMMENTS SCRIBBLED HERE
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NATIONAL INQUIRER AFTER
THE YEAR 2023, IF THEY GIVE
YOU A GOOD PRICE.*





Brave smiles have helped many an actor/actress get through a show's opening lines. Looks like Stacey B' got through her's OK.



It was very interesting. I had a great time and everybody did a wonderful job. - Camille Nelson



The not so nice queen, Tia Meek, looked on the crowd with a grimace while dinner was being served. Deep in character, she seemed to be saying "You are not really going to serve me that?"

After days of rehearsal, the Madrigal was closed with a powerful ending song presented by Kelly Underwood, Jerry Wade, Stacey Bradshaw, Blake LoPresti, and Cindy Domini.



The Madrigal Feaste

AKA - The Great Chicken Coup



The "evil" king (Mercado) watched the crowd pondering on what could come his way - an Oscar in '96.

It was a evening of kings kinging, jesters jesting, diners dinning, and the Camerata singers singing. The Madrigal Feaste was an superb effort by the singers, musicians and cast to bring their audience back in time to witness Mordrick the Foul (James Mercado) mud-

dle through the "The Great Chicken Coup" to secure a throne.

The cast, decked out in self made Medieval costumes regaled the diners with a mixture of traditional seasonal songs like the "Carol of the Bells," "Silent Night," tunes such as "You Can't Buy Me Love," and lines

that explained "some-what" the intrigue running rampant through the court the audience had become part of; since, unlike many plays, the actors moved throughout the audience to entertain them while they ate. - Jessica Compton

James Mercado makes an aside to Amy Ruddle's character on how powerful he will be after the money starts rolling in.



The Jester and play's narrator, Marty Boone, took a break from the fun to sit down for his dinner.

Amy Ruddle and Stacey Bradshaw mingled with the crowd during dinner. The audience's comments meant alot to the cast.





Venturus and Vaughn Fuller

Sibling

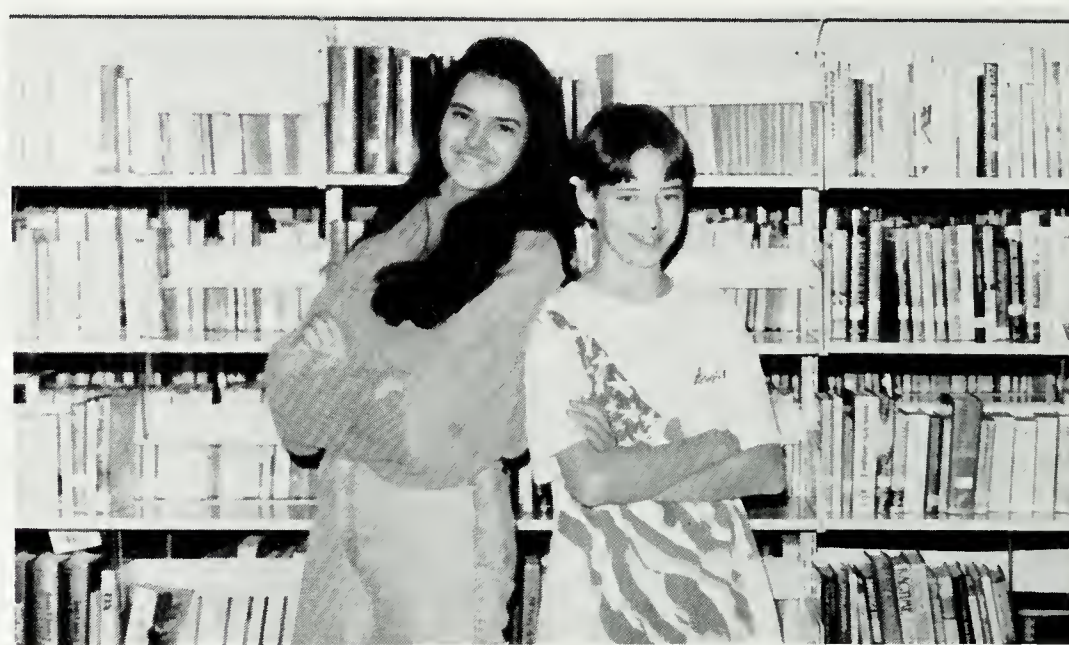
A lot has been said about high school being a family affair. Well, its true at least at Potomac. The staff had an idea on doing an article about the brother/brother, sister/sister, brother/sister connections here. When it started digging, it came up with some interesting results. Suffice it to say that there are a whole bunch of people here who are kin to another student. To cut down on the numbers we would report on it was decided to deal with just senior/freshmen relationships, even then we had to cut down number of pictures we could use to twenty-four students who are related and don't find sibling "rivalry" a problem.



Andrew and Stacey Bradshaw



Erica and Felecia Powers



Brooke and Patrick Newey



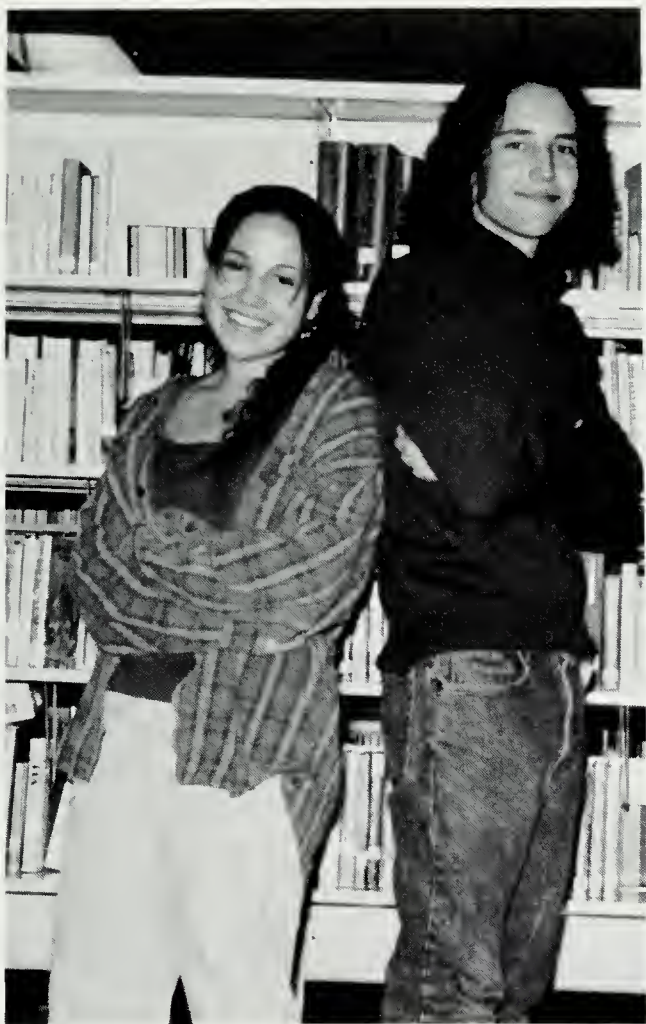
Melinda and Martin Boone



Frank and Wendy Hornback



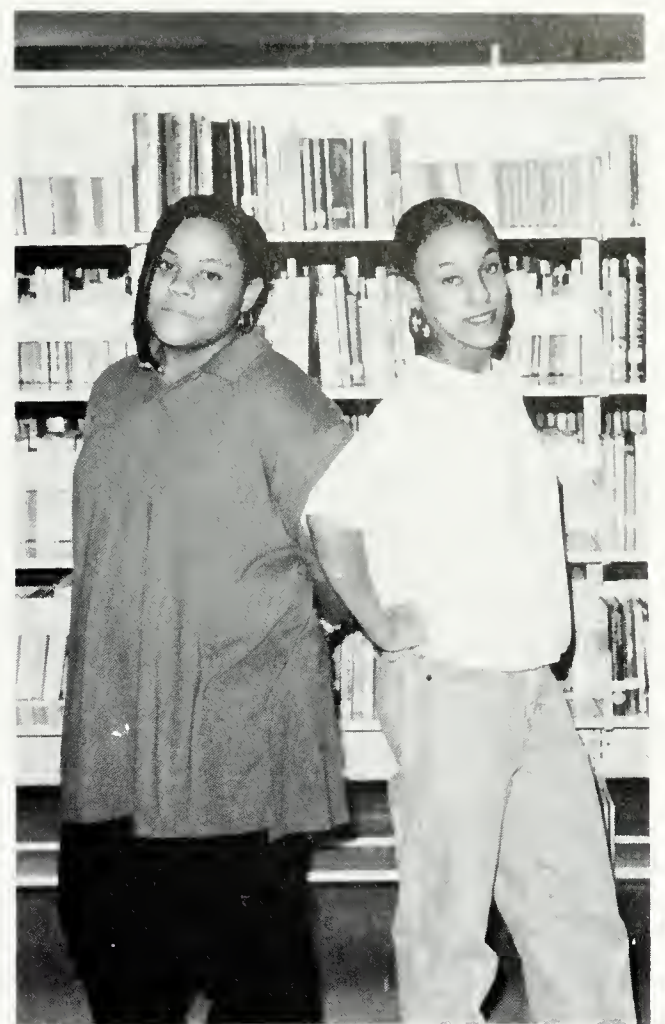
Rivalry



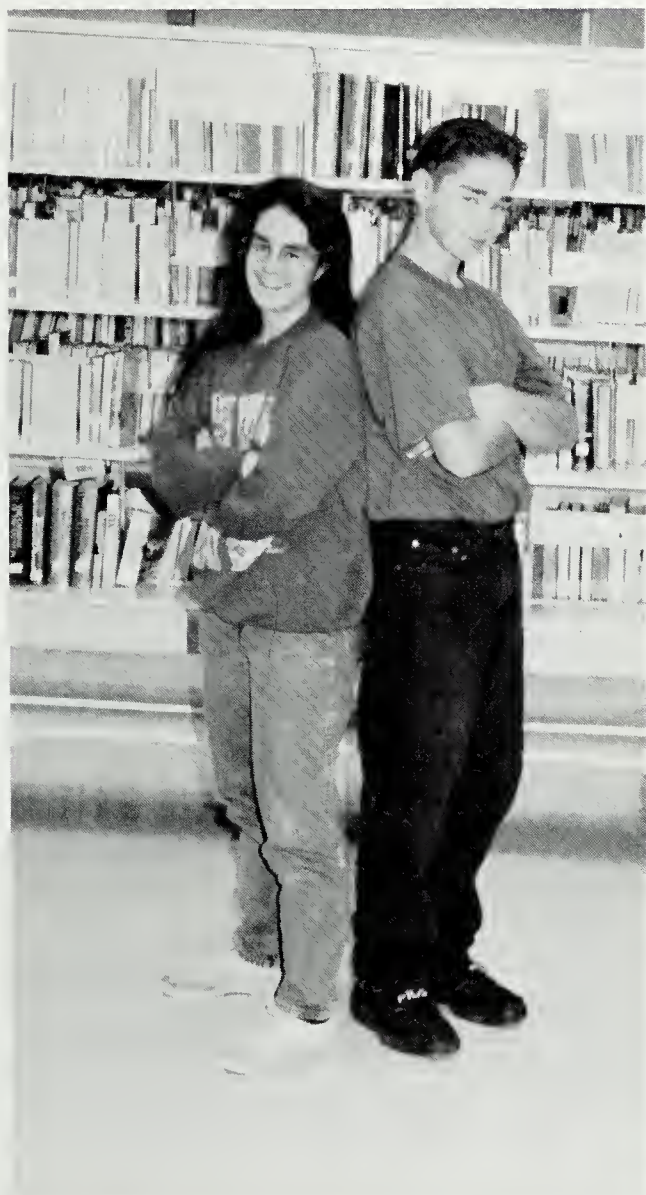
Beth and Dan Yalch



Catherine and Jessica Caseman



Tameika and Nicole Garrett



Bryony and Christopher Hasychak



Tom and Ryan Greek



Edwina and Moira John-Williams

"Overall Beth really has been fun to be around this year. I thought it would be annoying having her in my school but it hasn't." - Dan Yalch



Next Stop - Tampa, Florida

The Pride Had A "Bowl" Of Fun Sounding Off!

All business, even music, can "dull" an individual's edge. Some of the "Pride" were able to fit in a play period to re-sharpen their performance edge.

It's the night of 28 December 1994. The temperature is a brisk 20 without a snowflake in sight to ponder. However, for forty-eight band members and their chaperones the weather conditions were not uppermost in their minds. Instead, they were focused on the sun and fun they would soon enjoy (after 20 hours of seeing part of America by bus) in Tampa, Florida.

Their trip was not one of those spur of the moment things. It was result of months of plan-

ning, hard work raising funds, and most of all being good enough to be invited to play during the half-time of a major "Bowl" game.

With respect to the hard work done by all of the band and their supporters, James Starky said "having a goal like that really kept me working hard all season."

The hard work paid off. Not only did the band have a wonderful time basking in the sun and splashing about in the water, it earned a Second Place Trophy for

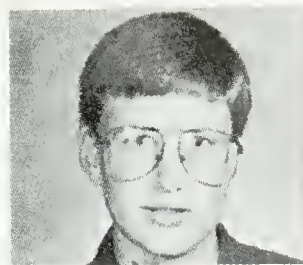
their routine in the Hall of Fame Bowl pre-game parade and gave a stellar performance during the game's half-time show. - Ken Sorrell



The Hall Of Fame Bowl half-time show brought the best of the best together for a super concert.



The Pride of Potomac preformers at the Hall of Fame Bowl: Front row (l-r) - Chris Malter, Bryony Hasychak, Edith Donahue, Linsay Hartt, Ellen Prespare, Tonia Rumble, Dusty Leach, Betsy Jarabak, Ryan Sheehy, Heather Bumler, Crystal Hines, Genall Wateis, Cherri DeSilva, Janaye Felder. Middle row - Jenny Sorrel, Angie Winn, Chris Hasychak, Tom Bernhardt, Aaron Crenshaw, Brian Graham, Mike Lambert, Justin Ellis, Carlos Sotelo, Gerald Anthony, Jeremy Rakes, Chris Copenhaver, Curtis Shoffner, Jerrod Writt, Steve Starkey, Ryan Abrahamson, Crystal Broomall. Rear row - Sabrina Sugars, Curtis Crawford, Gaiton Garcia, Eugene Marchand, Charlie Crawford, Gordon Dodson, Justin Jocewicz, Richard Smith, Jimmy Caudel, Shane Sobers, Dave Dodd, Kenny Sorrel, Aaron Horneline, Rusty Ferguson, Natasha Harmon.



"It was great to get out there and work with all the other bands to accomplish our goal." - Janaye Felder



A trip without a souvenir is ok. However, if you have a memento like the one shown to show your schoolmates, its reasonably certain you had a great trip.



Can You Believe It





Whale Ho!

For the past three years Potomac science students have journeyed to Virginia Beach in search of whales, and for the past three years they found none. The '95 trip however had a different ending. Not only did the students find a whale, they got to observe, from a safe distance, three whales playing off the Virginia coast.

Trips like this help to make the classroom discussions more vivid in a student's bag of memories. They will never forget that cold weather on open water is an experience to be missed unless you really have an important task to complete. The students will remember seeing several multi-ton whales breaching the water's surface for air, and the splash

their tails made as they dove for deep.

The students will not forget the fun they had in "hands on" Virginia Beach Science Museum, or when they went aquatic in their hotel's pool and hot tub. Some of them will never, never, never forget that their stomachs and riding in small boats on the ocean do not mix well. - Kristine Wolf

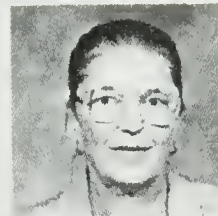
The primary objective of the whale watching trip was to watch whales. That objective was accomplished - three were observed. For some, this was their first trip afloat which caused them to look back just to make sure that the shore was still there.



Being at sea during the winter can be a bit chilly. Mary Edgington, Jessie Gibson, and Brian Letendre took a break in the boat's cabin to warm up.

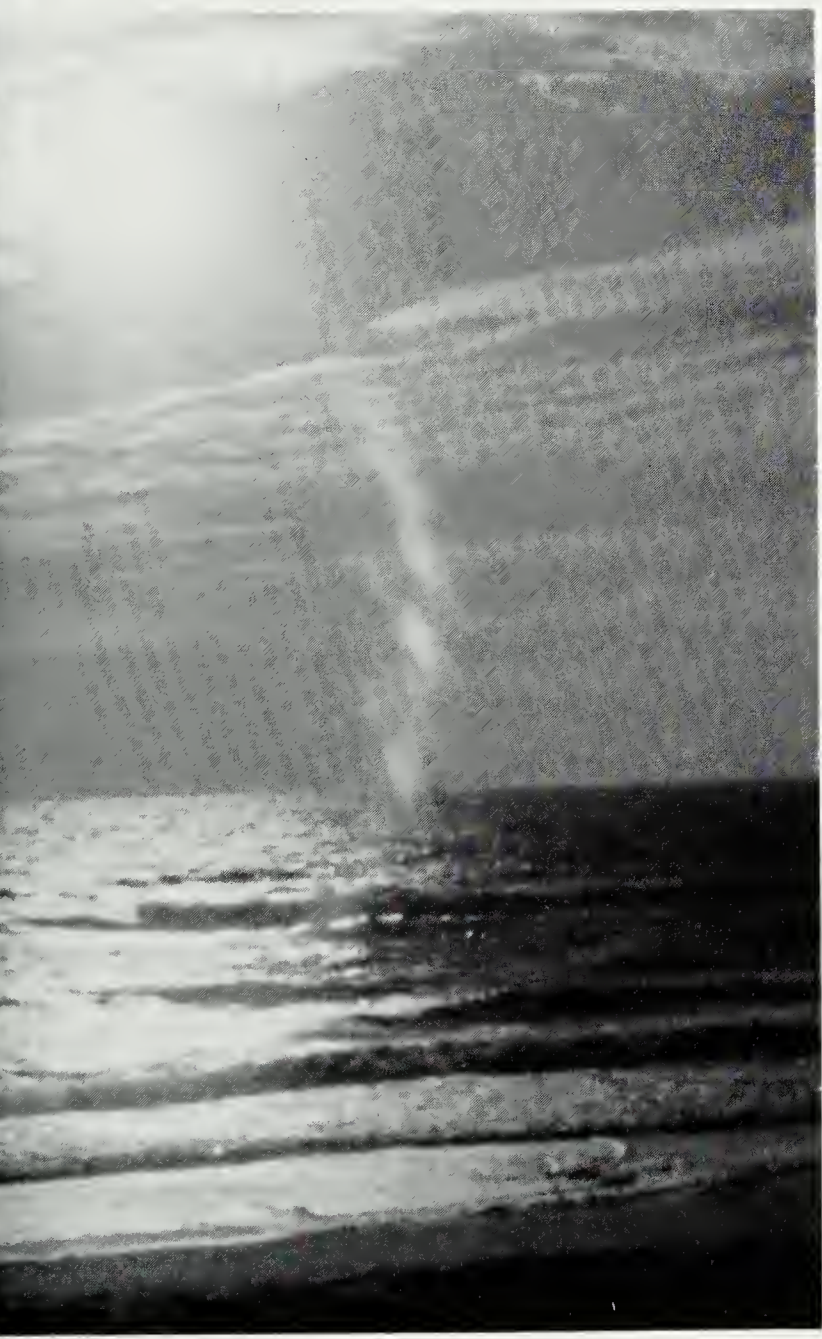
Besides whale watching, students got a chance to "pet" sting rays and star fish at the Virginia Beach Science Museum.





"After three years of no sightings, I think we were very fortunate to see three whales." - Mrs Ghiloni

Cold air and cold water do not make for a warm sailor or student. Brian Bann thought he could have worn more as he stood his "whale watch."



Brian and some of his cohorts practiced their balancing routine in a the museum's replica of a small boat used on the Virginia waters.

Nature's beauty at sea!



Some museums are not as "stuffy" as others. Katy Bouchard, Mary Edgington, and Jessie Gibson enjoyed their Maritime photo props.



WINTER FEST '95



All was quiet on the Potomac home front this winter, even the snowfalls, until Winter Fest '95.

Spirit is shown in many ways. Quincy Queen shows his by taking a pie in the face in stride.



"Hands Across the World" was the theme of the Multi-Cultural club's award winning Winter Fest float.

Channa Jackson and Shameeka Soares assist Virginia Sanderson in balancing the Senior Class float.

The Camerata Singers sang the National Anthem to kick off the Fest's Basket ball game. They did great and so did the team.



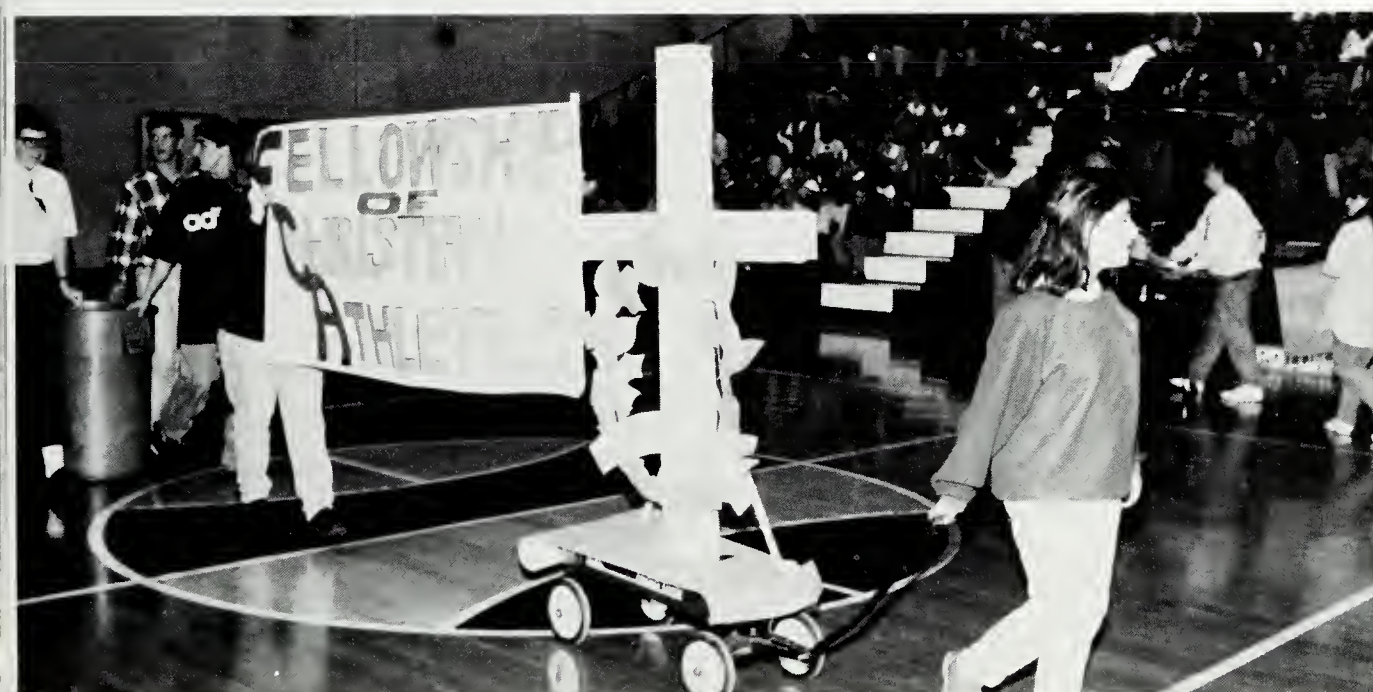


Jr. Civitians Christopher Chudacek and Jessica Jackson announced the club's 15th anniversary of service to the school and community during the Fest's mini-parade.

Scary, huh? Don't worry, its just Dan Yalch and the Fest's Punk Day dress-up contest winner Frank Crilley turned out in full attire for their official photo.



The cheerleaders got a natural high from their efforts to raise the spirit level of the crowd watching the Fest Game.



It took the skilled work of Channa Jackson, Shameeka Soares, Hilary Hartt and others to put the senior float together.

The FCA joined the Fest's feativities with their float, emphasizing the relationship between personal values and good sportsnmanship.



W... F... Cont'd



German club members Besty Jarabak and Stephanie Shields lined up to carry their float for the mini-parade.

The Pantherettes may have not rocked the rim but they did rock the house during the half-time show.



With a little imagination, it looks like the Panther assisted "Mr. T" Harris with his shot, not that he needed it!



Cold Days - Warm Spirits.

The winter months are reputed to have a negative effect on many people. The tedium for many students and faculty/staff is broken only by basketball games, wrestling matches, "indoor" track and daily snow chants.

This year, the SCA decided that an uplifting experience was desperately needed during February, you know the month with no days off. To meet that need they created Winter Fest. It

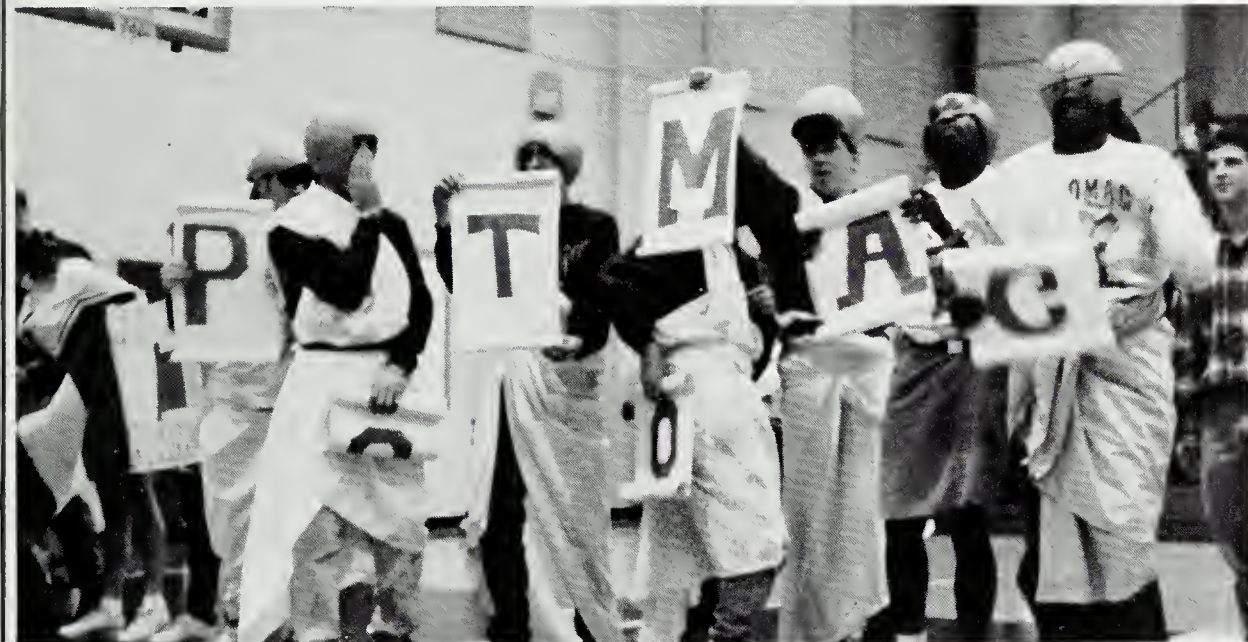
was designed to provide all Panthers with a chance to brighten up the Winter's gloom with a good dose of spirit.

Like many new ideas, acceptance was not as wide as hoped for. It is believed that many thought that Winterfest was a transplanted Homecoming. It was not! For those who got into the fest's spirit, there was a lot to do and enjoy. The dress up days gave some a chance to be inventive in their dress. Spirit links were sold to

benefit the community service organization, ACTS. The mini-float parade during Potomac's termination of Brooke Point's basketball season gave several activities a chance to remind everyone of all the things students could involve themselves in on campus. The Sadie Hawkins dance capped off the week with some "food for thought," Winter Fest was a great idea and dancing - is a contact sport!

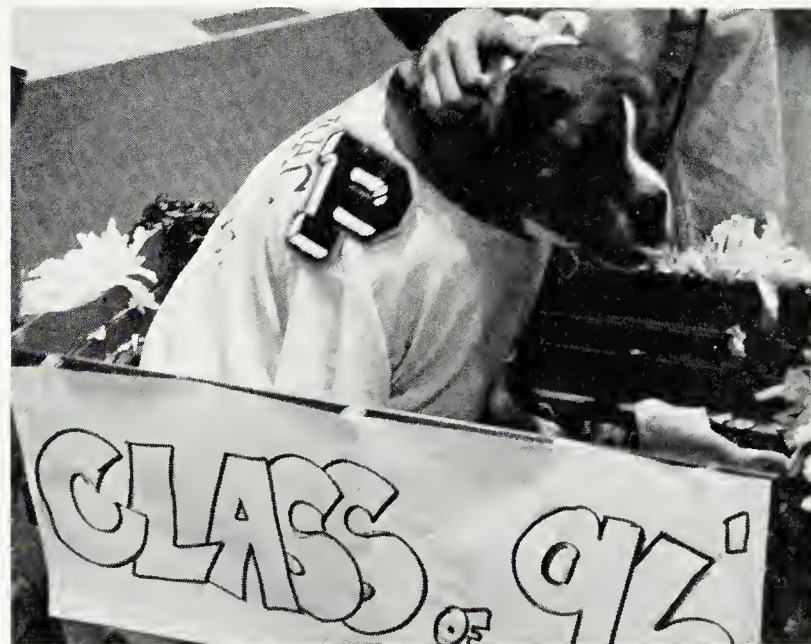


"Dig It." or "Peace Man!" Panthers went back to the Fifties and Sixties for dress up ideas.



"Ball Head" enthusiasts teamed up to spell out their school preference.

The Class of '96 used an original live prop (the Bann's dog) to spice up their float.



Mosh anyone? Things got a bit wild at the Sadie Hawkins dance with everyone enjoying themselves.

Faculty and Staff supported the Fest's activities. Mrs. Maryanne McGovern advertized her favorite time.



Science Fair

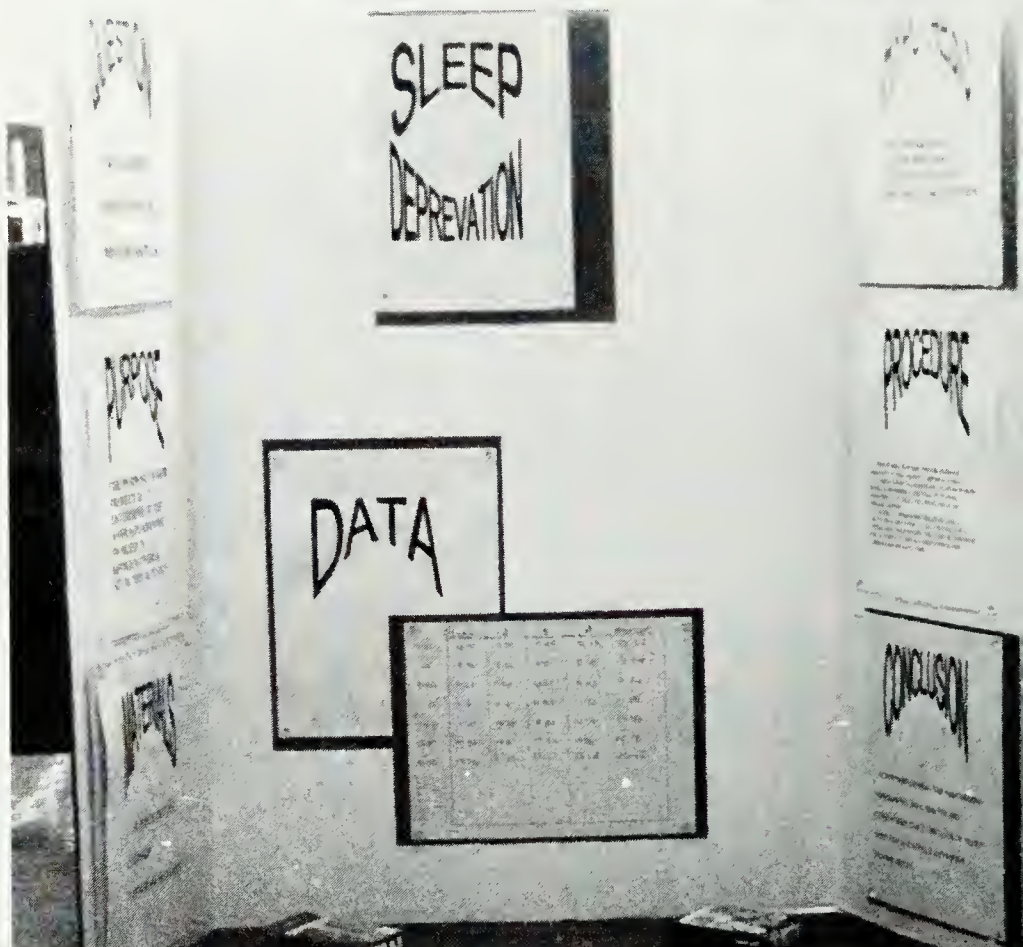
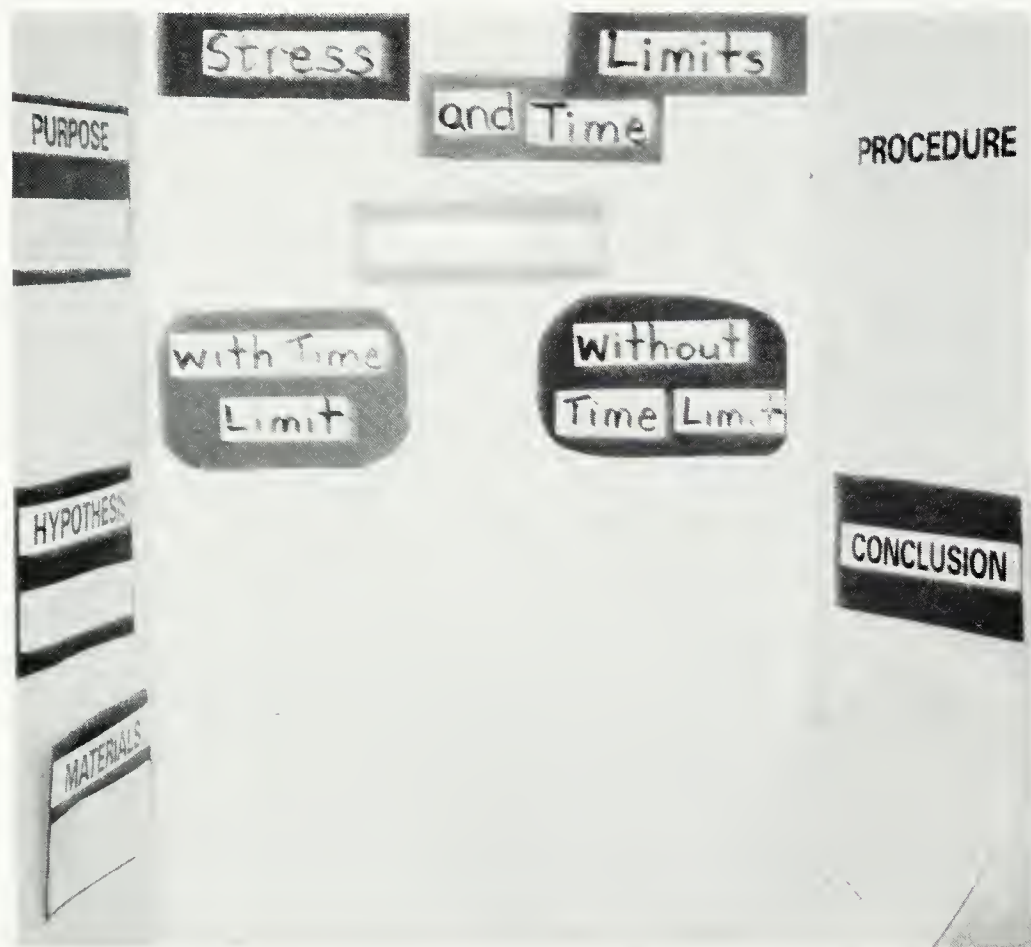
Do Children Like?

D "children" like: physics or chemistry; bacteria living in local ponds; the pressure of academic stress; effective distillation; sleep deprivation; the effect of alcohol on one's liver; or time limits on work? For the answer to these and other important

questions asked at Potomac's '95 Science Fair scan the next two pages (use of a marvel of science - called the magnifying glass - may help) and you can learn what children/students like.

Panthers do like answers, and don't mind working to find them, when sufficiently chal-

lenged and guided. The Science Club and faculty did both for many students recently by hosting the annual Science Fair. Twenty Four students earned formal recognition for their scientific inquiries, while all who participated learned to like science.



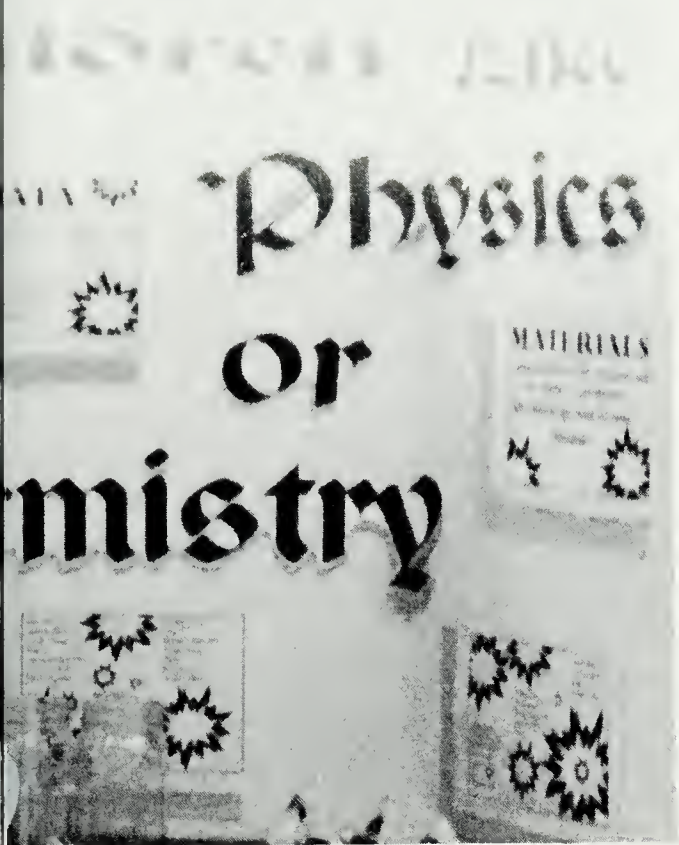
Alcohol is the blame of many. Danielle Bernier's project illustrates one of the negative effects the unwise use of alcohol can have on us.

In an Honorable Mention team effort, Arlynn Flecker and Stephanie Rinker helped to clarify the need for sleep. Question: Which of them got to sleep?

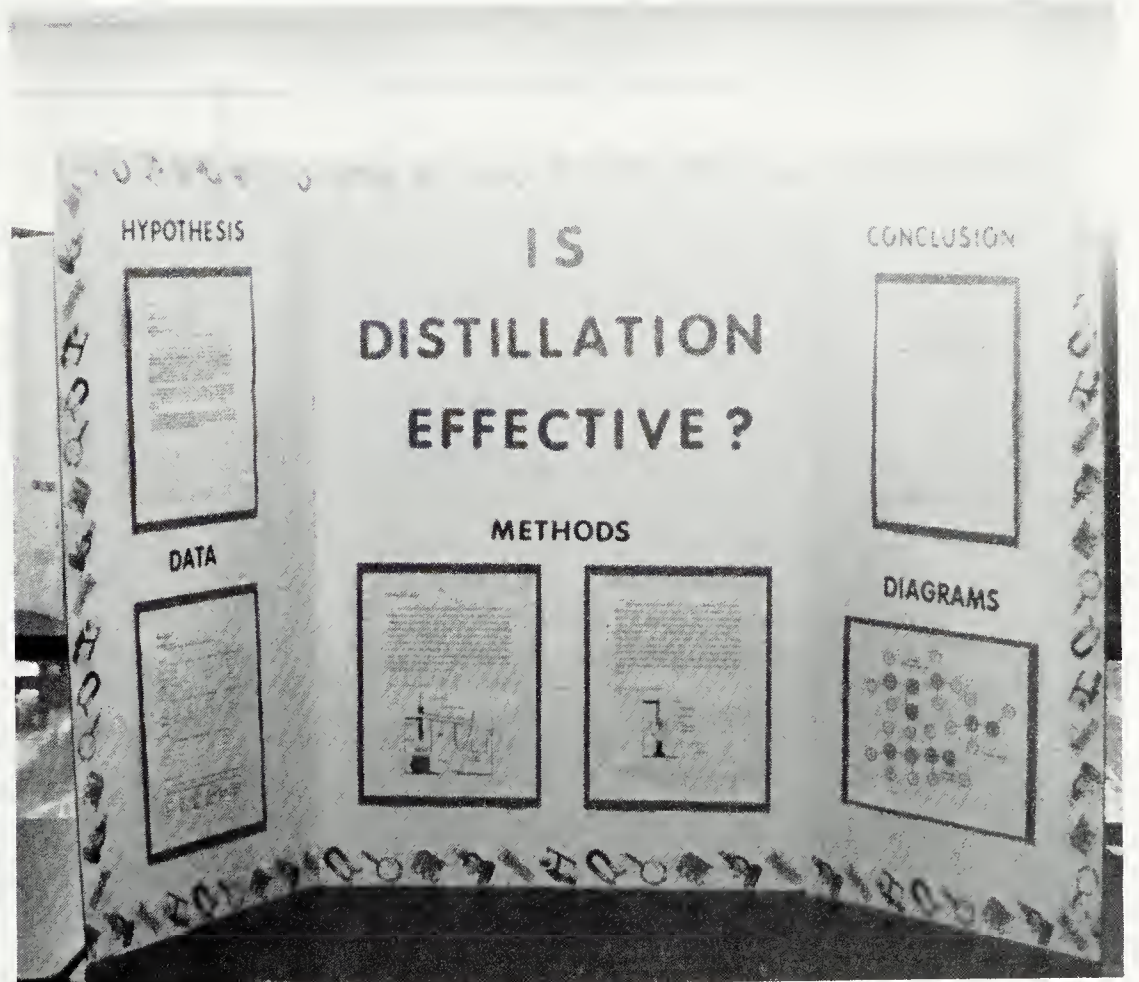
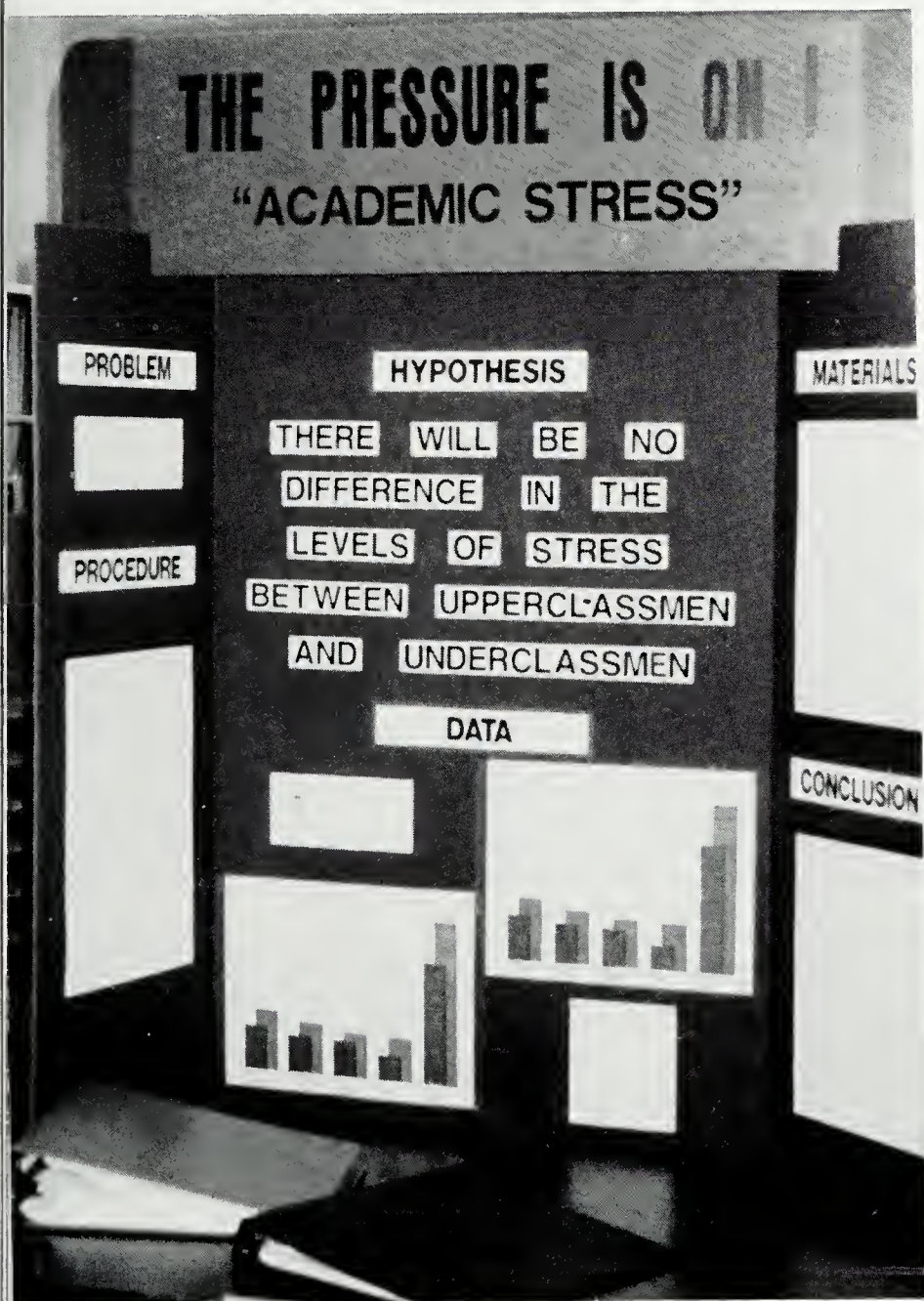
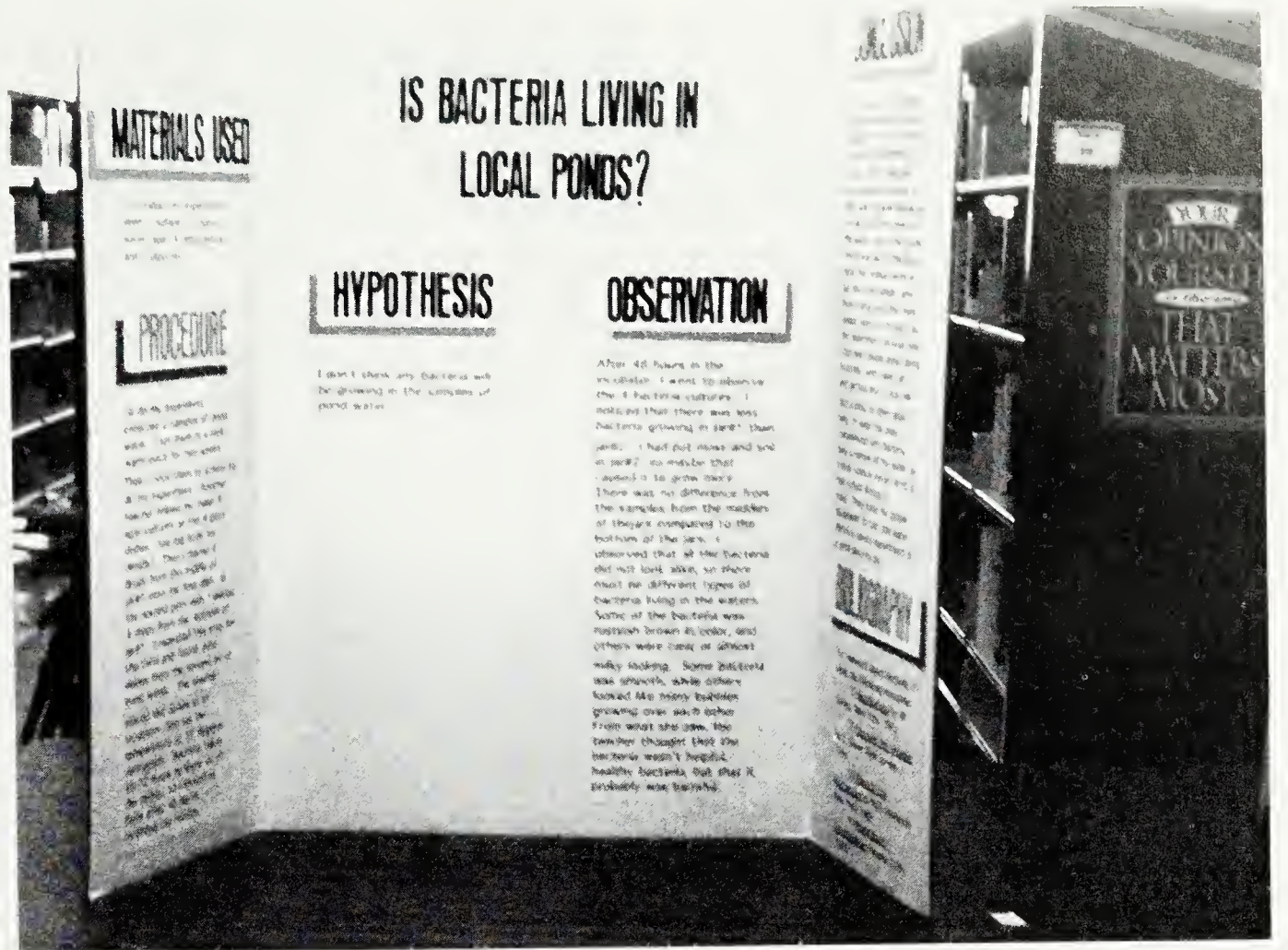
What student doesn't feel the stress of time limits? Taherra Jones results were interesting. Maybe we can get someone to approve an elastic clock!



Andrea McNally earned a 3rd place award for her work on the question of bacteria living in local ponds. Maybe the EPA can follow up on her work!



Jennifer Nix's research indicated that children can be interested in physics and/or chemistry once they sort through the variables.



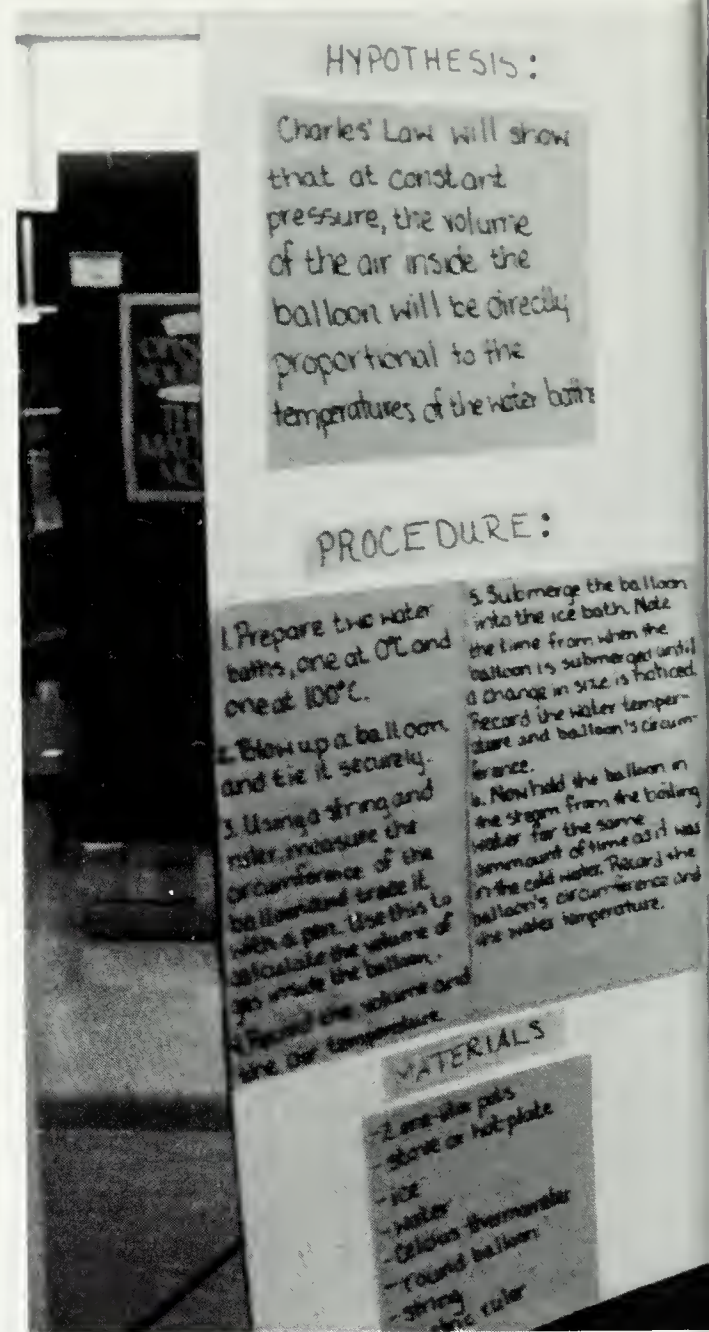
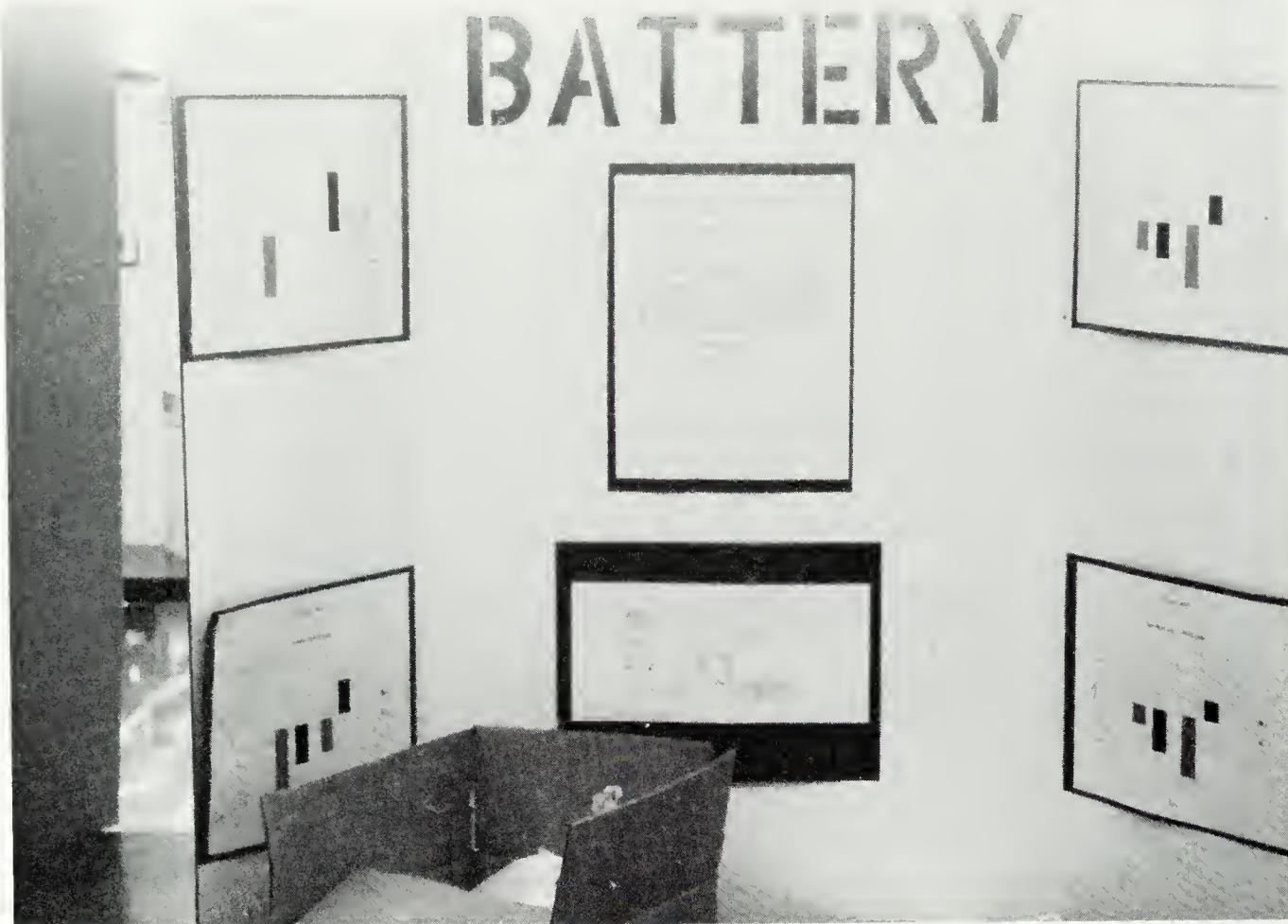
Stress, who needs it? Ellen Prespare's study came up with some interesting results that might warrant some review in a sociology class.

Liquids like water mean life! Owen Johnson's (Honorable Mention) look at the process of fractional distillation may be a "wave of the future."

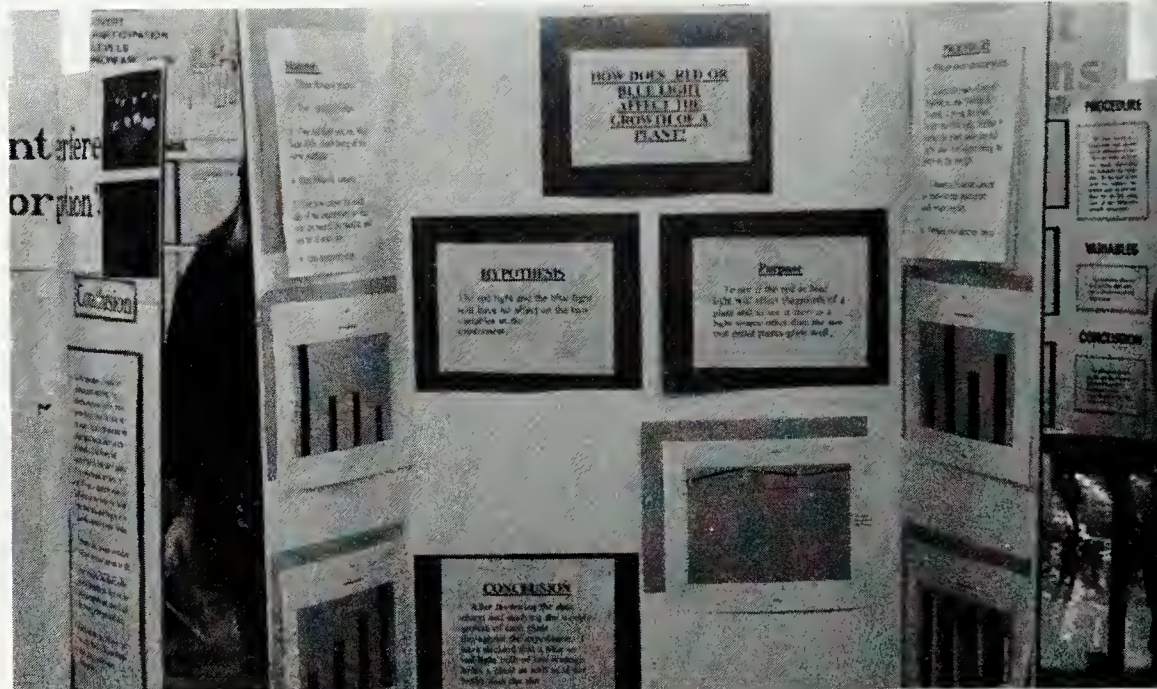


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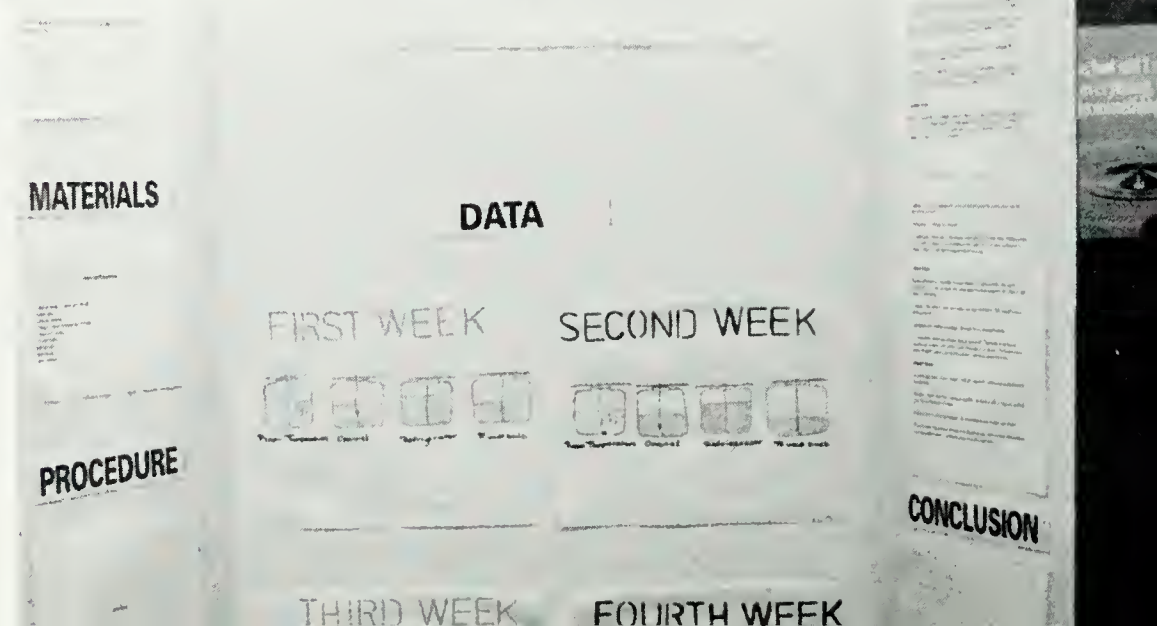
Yes, They Do!



Did you know Charles' Law? Well, just in case you did not, Tracey Dent proved it to be true.



DO CRYSTALS GROW BETTER IN COOLER TEMPERATURES?



Research will take you up and down many strange side trails. George Hummel's (1st Place) looked into the relationship of heat and density. Another student studied batteries - who could not use a longer lasting battery? Jerrod Witt (Honorable Mention) checked the impact of light colors on plant growth; while Kurtia Parker (Honorable Mention) assessed temperature change impacts on the growth of crystals.



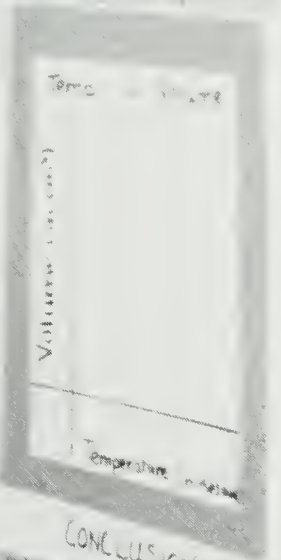
At a constant pressure,
the volume occupied by a
gas is directly proportional
to the temperature of the
gas.

$$V = kT$$

V = volume of gas
T = temperature of gas
k = proportional constant

255 LITERS

Temp	Volume	Pressure
273K	350 cm	724 mm
294K	368 cm	742 mm
313K	384 cm	756 mm



CONCLUSION:
Using the equation $V = kT$, I solved for k, the proportional constant and by considering human error in the experiment, the k should be the same at each temperature.

Temp	Volume	Pressure
273K	350 cm	724 mm
294K	368 cm	742 mm
313K	384 cm	756 mm

Calculate the constant for this experiment.

We have heard a lot about the environment lately. Tiffany Goodwin's (Honorable Mention) work gave us a glimpse of how it protects us.

TITLE

HYPOTHESIS

QUESTION

PROCEDURE

TITRATION OF ASCORBIC ACID REACTIONS:

PROBLEM:

PROCEDURE:

HYPOTHESIS:

RESULTS:

DISCUSSION:

REAGENTS:

CONCLUSION:

Is this why some of us say we could fry eggs in our stomachs? Natalie Wang's (2nd Place) research may not of answered that question, but it did provide us with a good idea of the impact of ascorbic acid.

HYPOTHESIS

WHY IS LEMON SO SOUR?

RESULTS

MATERIALS

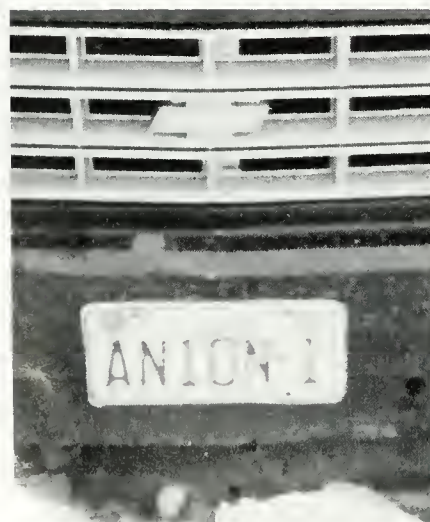
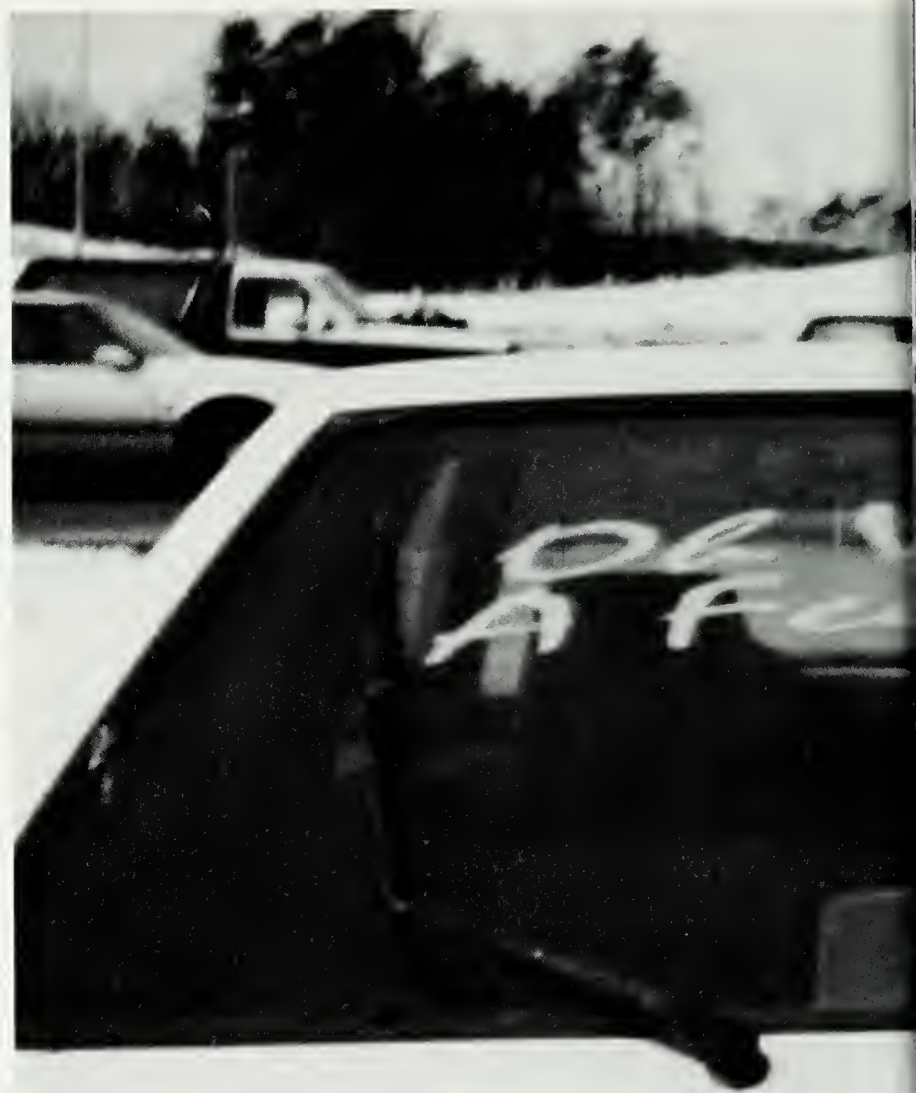
PROCEDURES

"Why is it?" Carlos Ceneteno's inquiries showed that it was a "nature" thing rather than some insidious plot of the part of sugar cane growers.



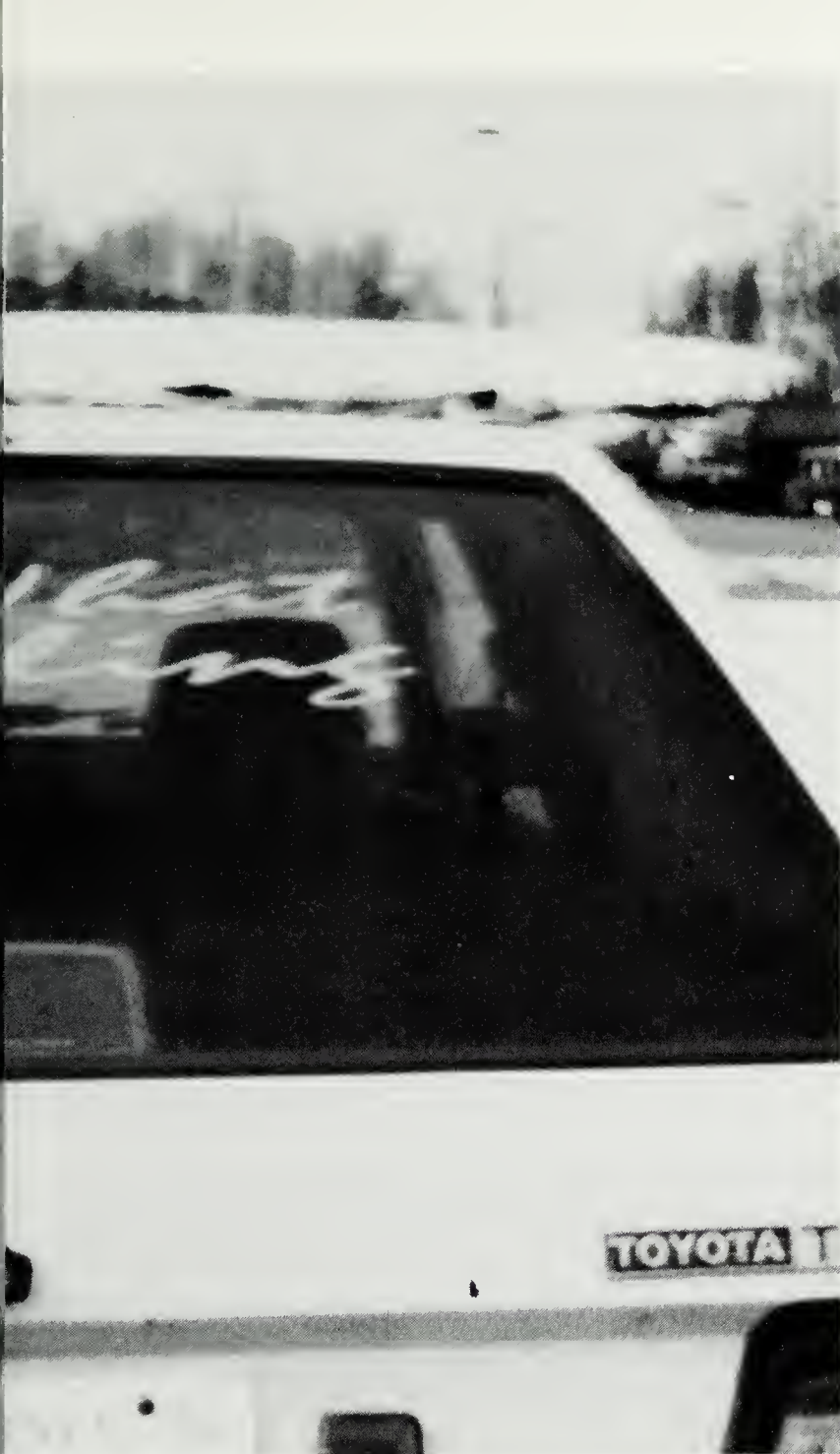
Rear And Other Views

Some call them vanity plates, others like the phrase "its a personal statement." Whatever position you take, a new day has dawned for giving your "wheels" a unique tag. This is no XAGRASHN! People have picked up on personalizing their transportation units. DMVs like it because for the extra cash. Drivers like them as they help find LVBOTs in a sea of vehicles. If you own a FSTMVR and want to dog a SLOMVR, just let a RET plated car see your rear bumper.

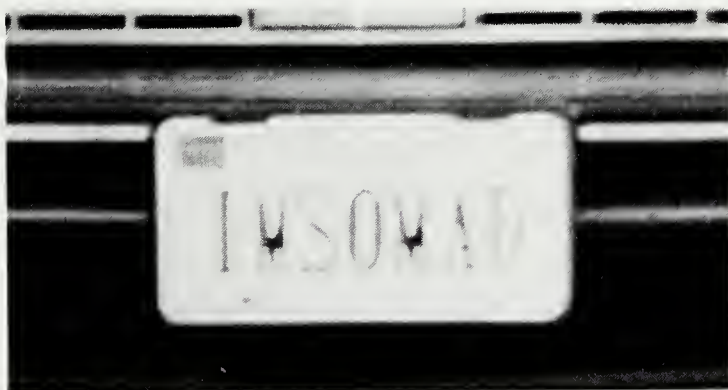
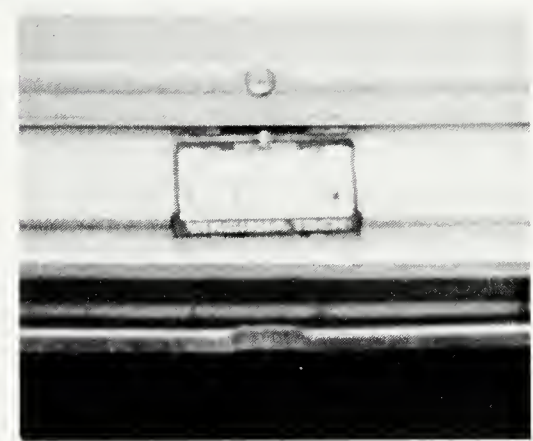
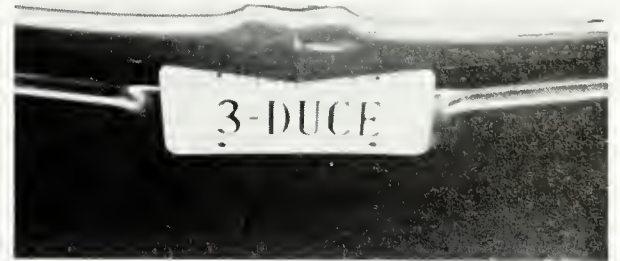
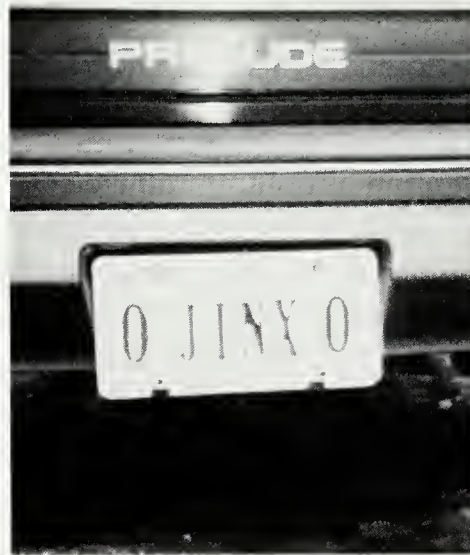


"Miss Piggy is like a friend to me. I even talk to her" - Stephanie Truax





These "scenes" were found on campus and belong to folks like: Gina Lester, LTL GINA; Daniell Bernier, TOY4DBL; Mike Cooper, "Oh What A Feeling;" Scott Vandesand, WIS BIKR; Mr. Zolman's wife, SMC CHIC; Mark Purtell, CARPE DM.



"My car is like me, it should have a name like mine - JESS CA" - Jessica Compton

Ms. Moller claims 18 JULIO. Barry Blake like his B BLAKE plate. Amy Ruddle claims IMSOMAD. Irene Avelar's car is named AVELAR. Christopher Lamberton likes his C LAMBO. Brian McGuire supports 3X U OUT. Erik Antenen carries ANION-1.



Stephanie Truax enjoys RUN PIGY. Amela Dancause needs HS MRCY. Mrs. Jackson moves with LGLGOD. Michael Butts prefers his 3-DUCE. Jennifer Lamont hopes for O JINX O, while Brian Buser has a thing for his CAPS 90.



FHA/HERO Is A Great Alternative

FHA/HERO (Future Homemakers of America/ Home Economics Related Occupations) is a national vocational student organization and has involved over nine million youths since its founding in 1945. It is the only in-school student organization with family as its central focus and is unique among youth organizations because its programs are planned and run by members.

Through its programs, the helps today's young men and women for multiple roles as workers, community leaders, and citizens. Participation in national and chapter activities helps members "skills for life" - planning, problem solving, decision making, and interpersonal communication both in the home and workplace.

Last year, the Potomac organization was proud to have won a gold medal winner at the Proficiency Competition in Orlando, Florida. Design a Business competition. Niesha Speights is entering competition running for a State FHA/HERO award.

This summer, FHA/HERO is celebrating their 50th Anniversary National Conference in Washington, D.C.



"It's breakfast," says FHA/HERO member.



Brandy Ransom captures Grand Prize at Science Fair. Science Fair continued from page 1

Apparently, the block scheduling created the problem of fewer participants, yet the quality was still high in most categories. There were also very unusual projects and interesting topics which were displayed well with the use of creative materials.

CLUB BITS

By Jenny Stewart

Networking The World SCA Has Big Plans

Foreign Language Week began March 6 through March 10. There was a host of activities with the theme of Net-Working the World.

With the success of Winterfest, the Sadie Hawkins Dance, and the Heart-to-Heart Results, the SCA is planning several

Honoring Africa During Black History Month

The Cultural Connection Club and the Black History Club hosted a special program in honor of Black History Month. The guest speaker, Gail Farmer, a teacher at Woodbridge High School, discussed her experiences during a military assignment to Ghana and the Ivory Coast.

Farmer spoke of the warmth and cheerfulness of the people. Her audience was

her tales of the high status in the language of the beads in a bead is said to have special meaning when fashioned into a necklace. The beads represent a bond between many ornaments are crafted from bronze or gold and a single bead identifies the wearer's social status, or exploits in love or

image of the almost naked woman wore a full length colorful wrap with a large collar bearing the names of animals that were on the full wrap skirt.

When Farmer discussed the presentation which she had on display. The wrap cloth set off various carvings handmade with

There were several dramatic presentations of the Adinkra which are symbols of moral values. These symbols are used in the creation of their art. They can be found on stools, common household items, and in their everyday life.

In conclusion of the presentation, several questions from the audience were answered. The presentation was away with a refreshing look at the life of the people of West Africa.

Homeless Kids on Campus

By Bridgette Scott

Most students usually go home after a long day at school, kick their shoes off, get a snack to eat, and relax. But Kalimah returns to a parked car that holds all her belongings. She never knew her birth father, but recently her mother's fiance disappeared leaving them with no money. Her mother and younger brother will return to the car also where they'll sleep. She often goes to her friend's house to take a shower. At night she and her family sleep cramped up in their car gazing at the stars remembering when she used to sleep comfortable in her own bed.

Homelessness is a rising problem in the U.S. today. It is a lot harder when there are kids involved. They are forced into a situation because of lack of money within the families income. It's a big problem with too little help from social workers. In most cases it's a single parent alone with her children.

Although most kids dropout because of confusion or embarrassment, some continue to take on the battle of dealing with not being able to get up in the morning, taking a shower and getting ready for school. Often if there's absolutely no where for the family to stay. Some turn to friends or shelters for temporary help.

Most shelters will only allow 30 days since their facilities are so overcrowded. After that the family is out on the street or living out of the family car, if there's one available.

Most kids who continue to go to school

usually stay with a friend during the week so they can get ready for school and get there easier. They often return to their families on the weekends. Kids that are homeless are forced to realize in some situations some people are more fortunate than others and most people never realize or appreciate the advantages they have.

An anonymous student, (who was homeless last year), stated, "When you're put through a rough situation with a single parent and a younger brother, the family becomes closer and you also become a stronger person. When we didn't have a steady residence, we were confused on what school I was going to go to and how I was going to get there. I started school very late in the year after a friend of mine offered to let me stay with her during the week so I could go to school. This experience made me appreciate things more now that we are on our feet again. It also made me more sincere to those who are going through what I had to go through."

When there's homelessness involved it's not always a man or a woman too helpless to work. But at times it's a family struggling to stay together and make it. The causes are often divorce or a parent getting laid off. No matter what the cause there are people who are trying to overcome this problem with little help from the public. The important thing to remember is that these are people who need support and help.

By discussing bathrooms, it ignited something among the students as they each described the lack of toilet paper, the cigarette smell and ashes around the toilet seats, the mess on the floor, and the filthy mirrors. Many students stated that they won't even use the bathrooms at school, they wait all day to use their own bathroom at home. The females complained about sanitary items on the floor of each stall due to the fact that the containers were broken. And the males retaliated by saying, "At least you have stall doors!" During the remainder of the class period, the students talked about what they could do in order to get rid of the unclean nature the bathrooms take on during the day.

The students were in agreement that the administration had to be aware as to what was going on in the restrooms. Many students were disgusted by the fact that very few teachers check the bathrooms during class for smokers and that little is done to stop the smoking.

To make everyone aware of the bathroom problems, several

The girls were especially surprised to see that the men's bathrooms were just as bad as the ladies' room.

Seniors, Christen Wheeler and Terri Mirkovich filmed the ladies' bathrooms. Although the women's restrooms have stall doors, they also had their share of cigarette ashes on the toilet seats, hairballs in the sink, lipstick on the mirror, and feminine products on the floor.

The class then presented the 15-20 minute footage to Principal Mike Campbell during their class period. Heatwole and Mirkovich each spoke during the presentation, asking for help and looking for a solution.

Campbell agreed with the students and the video was shown at the next faculty meeting. Using the video to make everyone aware of bathroom conditions has had some positive results. Several stall doors have been installed in some of the men's bathrooms, but more needs to be done.

a Solution

In order to prepare a short documentary on the bathrooms. The video was labeled "Heatwole and Josh West reported on the video of unflushed toilets, clogged up toilets, and rolls of paper towels like streamers at a birthday party. The video was soaking wet with urine.

"Mouth" video was shown to both students and faculty who were appalled by what they saw.



Sports Spotlight

Indoor Trackies Haven't Untied Their Sneakers Yet

By Jan Eisen

Once again the indoor season of track is over. It's time to switch from bad air in the back hall of the gym to the paved outdoor course.

This year's young team consisted of about 20 people and had athletes from all classes. All of them will continue running in Outdoor Track. The loss of

"I'm doing track because it combines a chance to work both in a team and as an individual," Scott Calhoun said.

One and a half exhausting hours of practice with stretching and weightlifting every day prepared the trackies for several competitions. Sixteen of them were sent to regionals and various medals were earned.

Robinson.

Harris, a second year starter for Potomac, is the type of player that hustles and works hard day in and day out. Along with his impressive scoring average, Harris pulls down over ten rebounds per game and is a formidable force on defense with his quick hands and shot-blocking abilities.

But Harris' complete value to the team cannot be seen in his statistics. There are no numbers or charts that measure heart and desire, and Harris is the

Exchange Student Experiences America - a Pocketful of Memories

By Jan Eisen

Howdy (my favorite word!)! Would you go, leaving all your friends and parents behind you to attend a school several thousand (or maybe a little bit more) miles from home? Here are some (sometimes not politically correct) tales which exchange students have to tell.

"Hey Chon!", "How is it goin' Shan?" or "How are ya doin' Jan?" - The first experience will be, that almost everybody is unable to pronounce your name like folks did in your home country. But don't worry, after a little while almost everybody is more or less willing to try to say it right.

The second experience - school! Everybody in your home country told you: "That's gonna be easy! No big deal! High school there's like elementary here!" But the big surprise comes when you get your first report card. Shock - a "D" in English.

October 31 - Halloween! Experience extreme! People on the street are running around, dressed up as Frankenstein and Power Rangers. Even your teachers dress up, e.g. as scary witches (Hello Ms. Shively!) and almost everybody screams "Driggerdreed!" You think: "What's goin' on here? Are all these people ready for a visit to the funny farm? No, no, that's just an old tradition in America.

You go to a Football match on a Friday evening to show your "Panther Spirit" (Besides, what's that?). It's the first time for you, the dumb exchange student, to be out there and see so many people watching a game which exact rules are only known by an astonishing minority. With curiosity, you go and ask the fat, excited guy next to you what this is all about, why they do this and that.

He, constantly shoveling pounds of popcorn

in his mouth, responds: "Don't ask me buddy. I got not a clue." Okay, let's ask the guy on the other side.

Answer (with a hardly understandable accent): "Do ya wanna know what's goin' on? Those pigskins out there just paid dirt in the midfield stripe. They broke Hyltons neck!!!" - "Alright, if that's all. That's what I'm talking about all the time." You knew this game was brutal, but you just can't understand why they break each other's necks! And the curiosity goes on. But don't worry, that's just sports in America.

"Are you a virgin?" - This seems to be the favorite question around teenagers in this part of the USA. You think you didn't understand quite right. Why is this person interested in my sexual life. But don't worry, dude (another one of my favorite words). That's just teenager talk in America.

Christmas - the time of giving and receiving. It's also the time of singing (or screaming?) plastic Santa Clauses, of rednosed Rudolph, Bambi and all the other flying reindeer, of houses decorated with millions of little colored lights that turns the night to day. It's getting colder, colder and colder. The Mall reminds you of a jungle without any law and

order where people fight to death for speaking Lion Kings and white Power Rangers. But don't worry. That's just Christmas season in America.

You wake up at six in the morning and the kids are already in front of the TV set, excited, watching Barney, the purple dinosaur, or Oscar of the Sesame Street. Later this day. You come home from school and still, the kids are staring at the screen like they are hypnotized. It's 10 p.m.. You go to bed and still.... Yes. The kids are praying to their god television. What are they watching? You force yourself to join them and watch a few minutes. You fall asleep. Most shows aren't as exciting as the sexual act of lesbian bullfrogs.

I've got another one! Listen! The clock shows 1:30 p.m.. Only half an hour to the great, annoying, 5-second lasting bell, all students are looking for every single, solitary day of their student life - the final bell. Math! The air is bad and stuffy. It's totally quiet in the classroom except the piercing, high voice of the teacher who holds her lecture in front of 32 sleeping students - and you, the foreign exchange student, still paying attention after 60 long, deadly boring minutes! You're awake 'cause you're used to that and you just can't understand why the teacher doesn't try to wake them up. Why she doesn't scream or let them write till their fingers turn purple. Well, don't worry. This is just school life in America!

America, that's the country of baseball (I know, not this year), of great patriotism, of R&B and Rap, of Saturday Night Live, the Pledge of Allegiance, Jeopardy, of Malls with hundreds of stores, of Lion King and Wendy's.

Yeah, that's the great experience. The daily life of exchange students in America provides one strange adventure after another!

These athletes included: senior, Ken Cole, who won the Northwestern Region title in the 112 pound weight class; senior, David Peck, who placed third in the heavyweight division; sophomore, Steve Clement, a second place winner in the 103 pound

"If you want to be successful, you have to be willing to work hard. Not only that, you have to have discipline and desire to win," explained captain, Ken Cole.

Lynchburg !!!

PHS Class Editorial

Keeping His Courage

By Hilary Hartt

Courage is a gift. A gift which is given to special people who someday might be put in a situation where their gift is put to the test. Philip Reedy is one of those special people. To us, the members of the PHS Class, Phil is a friend. Last year, he was in Journalism I, a class which prepares students to be involved on the newspaper staff.

Phil is a senior here at Potomac this year and right now he is in the hospital. He is fighting for his life and using all of his courage to stay strong. When Phil was in eighth grade, he found out that he had leukemia. During the summer, he received a bone marrow transplant from his brother and in the fall of 1991, he entered our school as a freshman.

Now, his body has rejected his new bone marrow and he needs a double lung transplant

immediately. Most people in a situation like Phil's would never have the will power to keep up their courage and fight.

As a member of Journalism I, Phil would make his classmates laugh and he was quick to make friends with everyone. We learned a lot from Phil last year, but most of all, he taught us what true courage was all about. He showed us that courage is about facing your greatest fears and fighting without looking back, without a doubt that your fight is worth it.

Today Phil is fighting to live, fighting to survive. He is struggling and keeping his wit at the same time. There are not many people like him in the world, and we all hope that he remembers what he taught us, that courage will help you get through difficult times. Please keep Phil in your thoughts as he courageously fights his greatest battle of all. We love you Phil.

his next attack.

Even after Mike had broken Christy's fingers, she still wanted to be with him. In her mind, she felt broken bones would heal, but if she left him she felt that her heart wouldn't.

After watching this show a reaction was measured to find the voices of those females who had been in abusive relationships.

Three students said that they stayed in the relationship because they were scared. They felt that it was their fault.

first, it wasn't anything. All he did was slap me and I didn't do what he said." It seemed as if it was their duty to the guy.

What they don't realize is that this is just the beginning of abuse. Some girls never told their parents. They would get bruises with make-up, or use the famous line, "I fell times the bruises were too bad to try cover. One student said her boyfriend would take a cigarette lighter and put it

Love?

and burn her several times. She would tell her family and friends that she burnt herself with a curling iron. Now she has several scars on her face almost as if she has been marked.

One student was asked what was the worst thing that had happened to her during the relationship and she replied, "He dragged me into the middle of the street by my hair, then into his house. His family and friends just stood there and watched."

The worst experience told by one girl was that her boyfriend

Hogs at the Trough

By Genell Waters

The bell has just rung. Now it's time for 'A' lunch to begin. There might as well be a call over the speaker: "Hear 'Soui' 'Soui', come and get your food." By the time the human being makes its way through the hallways and reaches the lunchroom, a transformation takes place. First we select and buy our food and as we wait (more or less) patiently in the lunch line, the transformation begins: People develop their flat noses and curly tails resembling the farmland animal known to us as "the hog". These people who are resembling hogs can be pointed out even before they begin eating because they start snorting or yelling to their friends that are at the table. As they sit down and begin eating the transformation into a hog has just begun for some people. See them sitting there and stuffing their faces and then they occasionally come up for air or to throw food at their friends at another table. Just like the hogs they leave their food and expect someone else to clean up after them.

Have you ever seen the lunchroom when each lunch shift is over? Well, let me tell you, it looks like a tornado has hit it a few seconds ago. After 'A' lunch it is not too bad, but as the lunches go on, it gets worse. There is food not only on the table but also on the floors. Trays are trays laying everywhere. It's enough to make you think that there were people still eating and it is now going on 12:28. It resembles a hog pen after the hogs have finished eating and rolled around in the mud, waiting for their masters to come and clean up the mess they have done.

But we do have mannered students who eat with proper utensils and don't go yelling at people at another table across the lunchroom. More importantly there are some of us who get up and throw our trash away when we have finished. By the end of the lunch period the hogs have outnumbered the civilized folk and the lunchroom is left with trays on all tables and food is all over the place, just like "Hogs in the Trough!"

What All Teens Should Know about

By Sha

H seemed did. Hi for awt like a pl in the w began t few mo but a lo At his membe "T

not a person in the world that cares about you. It's sad that people who know people that are infected can be so cold hearted," said an anonymous student.

Many teenagers think that the virus is contagious through ways other than the exchange of body fluids. "If I knew someone who had AIDS I would not communicate with them," said an anonymous student.

Several students said that they felt that the people who are infected should be put away, some place so that they will not infect others. In other words, they felt that they should treat this deadly disease like leprosy. Most students know that it is mainly the heterosexuals who have the infection, but there were others who feel that homosexuals are mainly infected.

One student expressed, "I know that right now they say that you can't get AIDS without sexual contact or needles, but they find out something new everyday. Tomorrow they will tell us a new way."

This student along with others said that they are afraid of getting infected. Many of the students said that they refuse to

person in the world that cares about you. It's sad that people . . . can be so cold hearted."

blacks, 5 hispanics, and 17 unknown race who have Immune Deficiency Syndrome in the county. The rate (Human immunodeficiency) is even higher. There are 147 caucasians, 147 blacks, 9 hispanics and 7 others in the county whose race is not known in Prince William County.

Research shows by gender there are 110 males and 240 females who have AIDS. There are 240 males and 8 females who have the HIV virus. There are more women who are infected with the virus more so than men in percentages in Prince William County. The numbers here shows there are less women than men who are infected with the virus.

Statistics, there has been 84 cases of AIDS reported in the county, 24 from heterosexuals, 4 from blood transfusions, 4 from birth, 25 from using needles,



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Wrestlers Make History

Beat is Up and Up

By Billie J

By Moira John-Williams

By John Wahala

"Expl Dan Kear basketball seniors on this cohesi The in make the P for exampl any positio pretty jum explosiven his ability guard, and dribbling s and his bea talents of t spark.

Despite the massive attention that the Boys Varsity Basketball Team has received this season, the Varsity Wrestling Squad has not gone entirely unnoticed, especially since they are claiming many titles of excellence and making a history of their own.

This year's Varsity Wrestlers have become the first group of wrestlers to qualify and participate in the Regional Dual Wrestling Tournament, imprinting their mark into athletic history. Five wrestlers successfully placed at the Regional tournament and will be advancing onto the State tournament in Virginia Beach. These athletes include: senior, Ken Cole, who won the Northwestern Region title in the 112 pound weight class; senior, David Peck, who placed third in the heavyweight division; sophomore, Steve Clement, a second place winner in the 103 pound weight class; senior, Bobby Sutliff, a fourth place winner in the 189 pound division; and junior, Tommy McGrath, who also placed fourth in the 125 pound weight class.

Previously this season, four of the Varsity Wrestlers were recognized as being among the area's best high school wrestlers. Those commended were Cole, Peck, Clement, and junior, Eddie Woods.

The wrestlers have worked extremely hard this season, practicing for over three hours a day, six days a week. However, many wrestlers do not mind the intense practices.

"If you want to be successful, you have to be willing to work hard. Not only that, you have to have discipline and a desire to win," explained captain, Ken Cole.

The Varsity Wrestling Team has truly earned all honors and awards that they have received thus far, and they are determined to continue their successful season with even more records and titles.

Fre

Tinail Harris: A Silent Superstar

By John W

By Kelley Anderson

Freshn high schoo Practice sta mer and go The freshm the players lent to their Potomac sy The te young Pan majority of opponents. opponents t and had fiv Coach the great su well togeth conscious. ethic and t Unlike does not h offense and play on bott to a roster c

His dunks are not overly impressive and his jumpshots do not come from way downtown, but senior Tinail Harris always finds a way to lead his team to victory.

Averaging a league-second 20.1 points per game, this 6-foot-5 power forward is considered by many to be the best player in the area.

"Tinail is one of the most underestimated players in the area. His work ethic is unbelievable," commented Woodbridge basketball coach Will Robinson.

Harris, a second year starter for Potomac, is the type of player that hustles and works hard day in and day out. Along with his impressive scoring average, Harris pulls down over ten rebounds per game and is a formidable force on defense with his quick hands and shot-blocking abilities.

But Harris' complete value to the team cannot be seen in his statistics. There are no numbers or charts that measure heart and desire, and Harris is the epitome of these aspects. Whether on the court or taking a breather on the bench, Harris can be heard yelling encouraging words to his teammates. This positive attitude along with experience and leadership has allowed Harris to not only become a dominate figure on the court, but also to literally carry the team on his back during the times when the other players were not performing well.

Harris intends to attend college in the fall, but he is not sure where he will be going. He has had many offers to different colleges, and he is now in the process of deciding where to attend.

The Freshmen suffered their first loss of

Swim Club is Hoping for Sponsorship

By Jenny Stewart

Finally, after years of asking and waiting, there is talk of the Swim Club becoming a school sponsored sport. This comes as good news to swimmers who had to pay \$140 last year. Next year fees may be down to \$80-\$100.

The \$140 goes to swimsuits, caps, dry-land equipment, use of two lanes in pool, lane ropes, and paychecks for two coaches.

The road to sponsorship is rather long and tedious. To become a school sport, talks begin with the club president and school administrators until a decision is approved by the county. The decision is difficult because if approved, *all* county swim clubs must be sponsored, and money must be distributed evenly based on the number of swimmers.

The major drawback to this sponsorship is that in order to fund the Swim Club, money will probably be taken from other sports to pay for coaches and some equipment. There is little desire to take away money from other sports.

The Swim Club's 25-30 swimmers are looking pretty good this year yet more are needed and encouraged to join.



Leo Club with th

The Leo Club has only one moment of momentum. The various service projects are

"Helping the inside," said member M.

Member M. club like this people living in

The next distributing for various church

"The Leo Club the less fortunate and is always concludes president

The Latin Full Speed

The Latin students are part of the recently took parade. The of Karen Black Caramanica, Sam Daho, Chudacek and the club will Language W. Spaghetti, and

Ch

By Juhui Ham

As the season held an outstanding performance on September 3, 1994 at

Among the members choir "I Swear" great emotional

On the viola accompanied the The piece was "Cynthia Barrett that tragic phase

The camera romantic songs enthusiasm and

Everyone could outstanding fall had a wonderful

With this outstanding Mr. Webb lot of hard work. Every year Each month the

The camera

Leaders from also be able to essay, submitted potential as a leader

In addition National Court exceptional young eligible for a \$

Freshman Win Their Games, But Not Our Hearts

By Moira John-Williams

It is 3:30 p.m. and another exciting girls freshman basketball game is about to begin. The first quarter buzzer sounds and the game is underway. Quickly the girls take control of the game, setting up a man to man defense on the opposing team and running the scoreboard with incredible shots from all angles. Throughout the entirety of the intense basketball game, the girls continue to force the opposite team to play their style of basketball, allowing them to remain in control and thus dominate the game.

By the third quarter of the game, the girls freshmen basketball team has secured another win, with a large lead of over 15 points and must only maintain the lead which they have aggressively built. With the impressive playing of key players such as Alisha Lewis, Sherell Rowe, Jessica Vasquez, and Virginia Meyers, the Panthers win yet again, another hard earned victory.

Another game, another triumph. The freshmen girls basketball team have won almost every game this season, standing high and mighty with an impressive record of eight wins and one loss. Much of the team's success can be attributed to the essential factor of working together as a team. The team strongly emphasized the important value of team work, communication among team players, and helping one another out, to ensure a strong and stable team.

"We work really well together because we all get along and that's very important," says forward Jessica Vasquez.

The team's quick, up-tempo, free-lance style offense is just one notable contributor to their success in keeping the game under their control, forcing the opposite team to play their type of basketball game.

"Most of the time, our team starts the game off fast; playing hard and scoring as many points as possible, so that we can spend the rest of the game maintaining the lead that we've built," forward Kendra Marshall stated.

Not only is the girls' freshmen basketball team incredibly powerful offensively, but their defensive skills are quite dominant as well.

b B

By Chris Chudacek

FBLA STUFFS

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Future Business been busy filling h to the Salvation Army stockings will be children in our area

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The Following Exposed at the Ceremony
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Amy Bann Sh
Michael Costa St
Ryan Jacoby Jes
Hilary Hartt Jay
Jeni-Ruth Nix Moira John-Williams

MY GENERATION

By Hilary Hartt

Today's generation of young people is known as Generation X, a generation the media has portrayed as one of anger, death, drugs, and unemployment. Young adults are seen as people who don't care and who are bored with life. Older generations have been using the recent suicide of singer Kurt Cobain as an example of how all young people see the world. As teenagers, we have yet to earn our own "label". So far, our generation has been pushed into becoming another Generation X. The press expresses our feelings of anger, frustration, and depression. We are being told about the growing violence and crime, the poor economy, and the fierce competition on the job market. We've also been told how we are the first generation of children who will not do better than our parents. With so much depressing news, no wonder reporters and news broadcasters see our generation as amounting to nothing.

But, why don't they ever show the positive things our generation feels? There are things we all do to help our community, ourselves, and our families. Teenagers feel hope for the future as we prepare ourselves for the outside world after high school. Most young people have goals and dreams just as generations before us have had. We have seen suicide, drugs, and violence on television and in the newspapers, but we are a lot smarter than the media seems to think. We can tell that TV shows and movies are just Hollywood productions. I don't know anyone who sees violence on television and learns that it's a good way to express anger. The main influence on teenagers today is each other. We have learned to depend on each other for support and to look to our families for guidance. For many of us, murder, drugs, and other vicious crimes are front page stories, things which are not common to us. But, there are some young people to whom it does happen first hand. Those people have a hard life and have been stereo-typed by the media as never getting anywhere without a struggle. These teenagers do not need a constant reminder by adults that they are living through tragedy day after day.

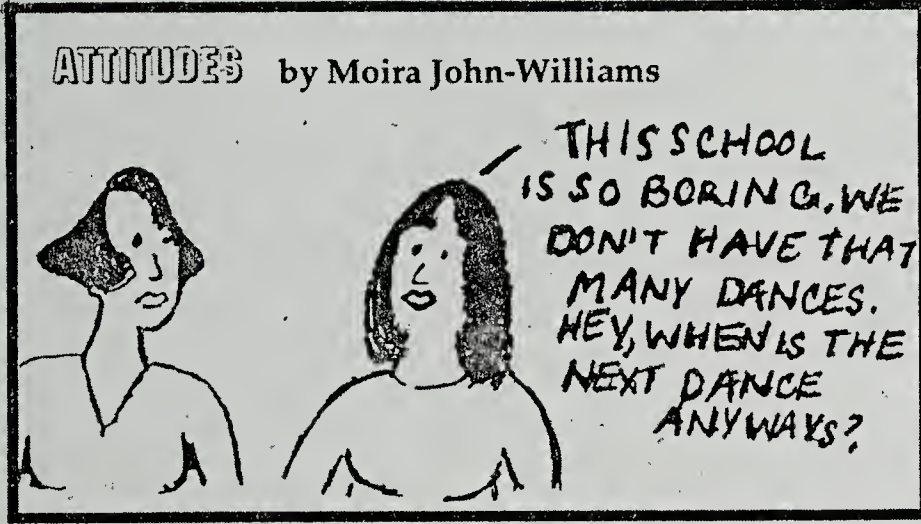


90 Minute Classes

By Chris Kwiatkowski

Boredom, if you are a member of our school you have definitely experienced the

old refrain, but one that educators say threatens to frustrate efforts to improve schools and student achievement." Chris Chudacek said "I overreact to bore-



staff per staff strives to inform, to entertain and to influence through news, editorial, feature and sports writing about school, community and national events. The Editorial Board governs and establishes editorial policy. The board will review all material for libel, obscenity, and content which may cause substantial disruption to the education process. As an open forum for the students, faculty, and community, the The PHS Class welcomes comments and opinions in the form of letters-to-the-editor. All

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A Wa

By Michael Costa

Visits by college of valuable class time the college of the brocl The visits when it is cally find the ith a heavy y afford to n reer center Jniversity K ensicola we eir college j for the los ing these s estions, "W ssion" or "V ey seem lik s, they are us answer. activities, le you would y tell us the y like it, and is like "W

r-Roi

Kwiatkowski would you do it summer vac bably be a right in Prince Wi unty School E hildren of the 1. I do not hav it of here aft on the stupidit to go to scho moving mytoe ne such a thi nay make sens ould revert bac of a kid with a e teacher's pe but these are l the importa selves have be n sure they wor ion time and d would underst ind what stud it would such junior, said, "I

Chief ons Editor reature Editor Sports Editor Photography Editor Ad Manager Business Editor

I feel so tired!- Snooooooorrr

By Jan Eisen

A look with your tired eyes at the clock tells you it's 12.30 pm. You worked all night and you feel like you've been on a two hour ride in a roller coaster - just plainly exhausted and the only wish in your head is, "Please God, let the bell ring so I can go home and sleep!" With the last bit of your strength you lift your head, look around and see you're not the only one with the head on your seat. The teachers still goes on talking about square roots and apparently doesn't care that the biggest part of the class is dreaming of better times.

It's an everyday thing - students come home, eat a bite, hastily do their homework and go to work. Often until long beyond midnight you've got to smile and fix hamburgers for unhappy and unfriendly customers. After a long day you come home and after a few hours of sleep, that seems like only a couple of minutes, the cruel alarm clock tortures you with its hated bell. The next day the same cycle of ultimate exhaustion begins again.

Isles of hope are the weekends, when you hang around with friends, go to the mall or do other stuff you don't have time for during the week. This is only the case, of course, if you're one of the lucky people who don't have to work at Saturdays and Sundays!

A big problem in this cycle is, that everybody expects the best and wants you to concentrate, be awake and put all effort in what you do. The daily millstone of work works at you from two sides: The teachers want to see neat homework on their desks in order to give out good grades and your boss at work only gives you money if you do a good job.

If you are a teacher: Are you still wondering why your students don't (often can't!) do their homework and fall asleep during your lessons?

Often it is not the case that the lecture is too boring or the teaching is too dry. Most of the time it's plainly the exhaustion the students have to face during the week.

Not only does stress and exhaustion affect high school students but also kids in elementary and middle school, when your parents wanted you to participate in several activities and plan the whole week for you. It goes on in college, when you've got to write for good grades and work hard to have a ceiling over the head.



SPORTS

Covering the court in a fast moving match is no easy task. Chris Kwiatkowski's height, reach, and "hustle level" tended to make his opponents' task even harder.



Stress management in sports takes many forms. Think Meghan Kent's cool look would work for you?



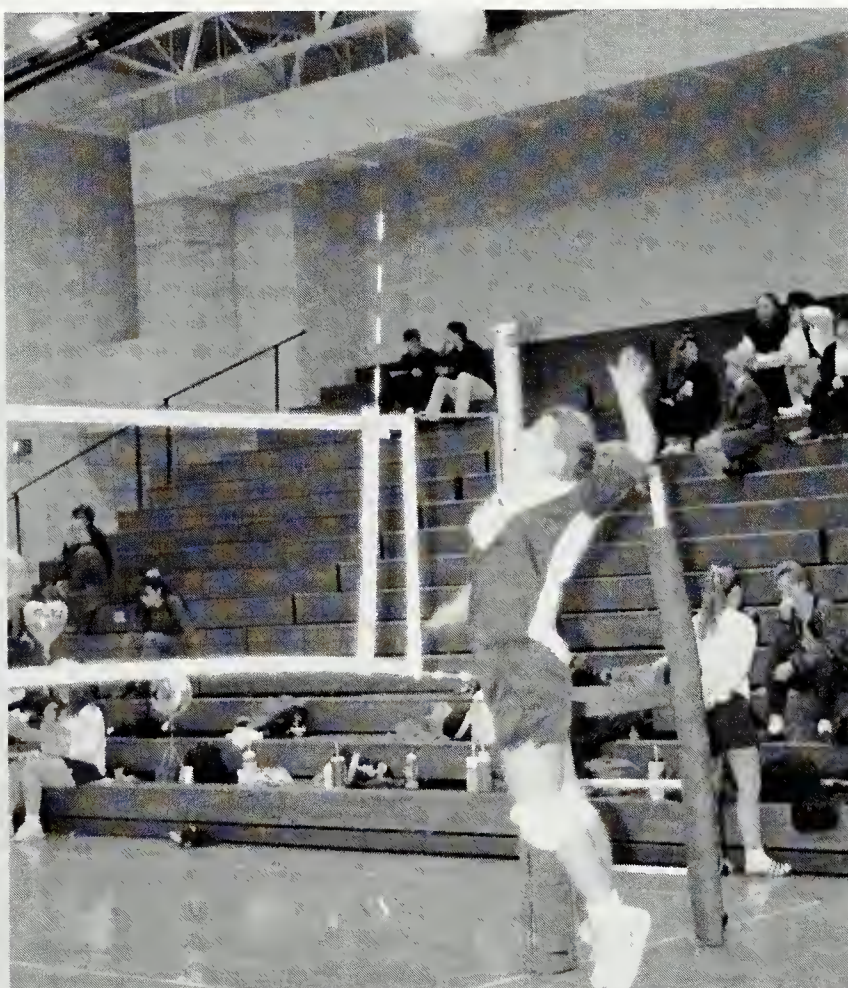
The human body was not designed for flight. Shameka Soares, however, likes to discredit that theory as she "soars" during track meets.





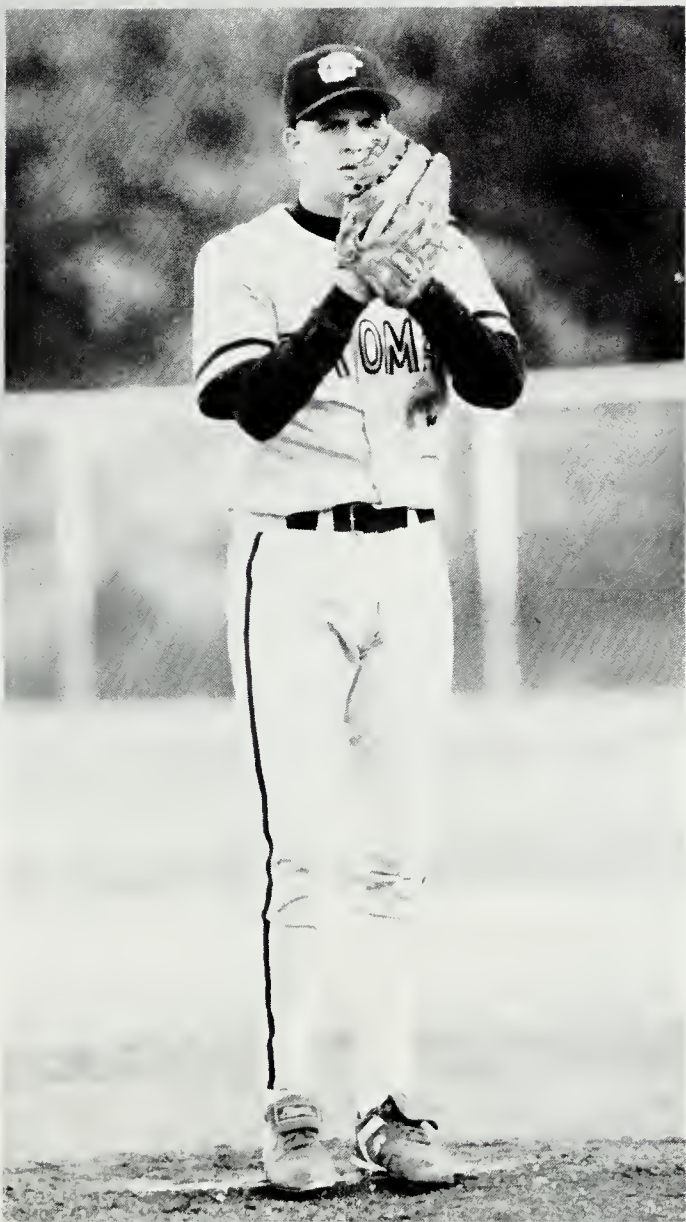
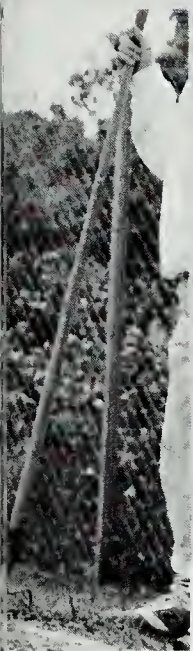
Speed, power, form, a sense of abandon and good hands are hallmarks of a quality goalie. Check out how Cathy Albert used her skills in putting the ball back into play after a missed shot at "her" goal.

The right attitude in any game will give players a shaper edge. After a warm welcome at the Homecoming game, the Panthers continued to "pump up" for what proved to be a hard fought game.



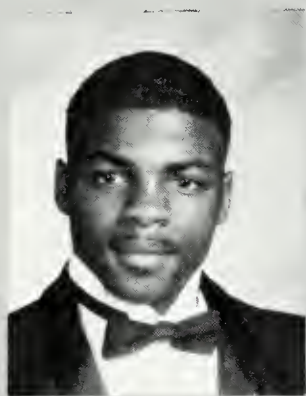
"Where are we going after the game?" The thought may have crossed his mind somewhere during a game. However, when it came to his pitching responsibilities, Burt Covington's thoughts were focused only on retiring batters quickly.

Like the "slam dunk" of basketball, the volleyball "spike" tends to warm the game up. Mary Edington enjoyed every opportunity she got to "Spike" up the game.

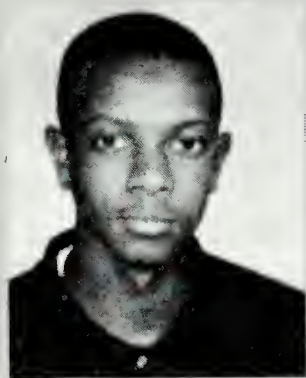




"Football is like life. It's a challenge and a lot of fun!..." - Coach Jones



"For the challenge. I like challenging things, it's self-motivating." - Cortez Baker



"I wanted to learn values that would help me later in life." - Erskin Fox



"To support my school and try to go to college free." - Michael Beall



Ask The Panthers!

The sport is rough and can take a toll on its players both physically and mentally. So why play or coach it? That is a question asked of the team, with some expected and unexpected answers. All seemed to find it a way to show their pride as a Panther. Many find it a way to release excess energy in a constructive manner. Some hope that it will help with college expenses and others, like Erskin Fox, see values in the game that they can carry with them into adulthood.

Every team hopes to have a winning season. For the Varsity Panthers that goal was elusive this year. After winning their first game the team hit a series of more experi-

enced teams who just out played the Panthers. When asked if he thought the team had improved during the season Assistant Coach Bryson said, "yes..., but ..."

Many times the scoreboard does not show the true "score" of the game. The team improved during the season and with time they will be back on the winning trail, as Ryan Jacoby said "playing to our full potential." This potential is what keeps Panther fans coming out to support the team along with the regular displays of skill and determination shown by players like senior Cortez Baker and freshman Junior Simmons. - Jennifer Milligan and Kelly Reinhart

Teamwork - what victories are made of! Jimmy Simmons slips through a tackle as teammate Quincy Queen comes up to protect his back.

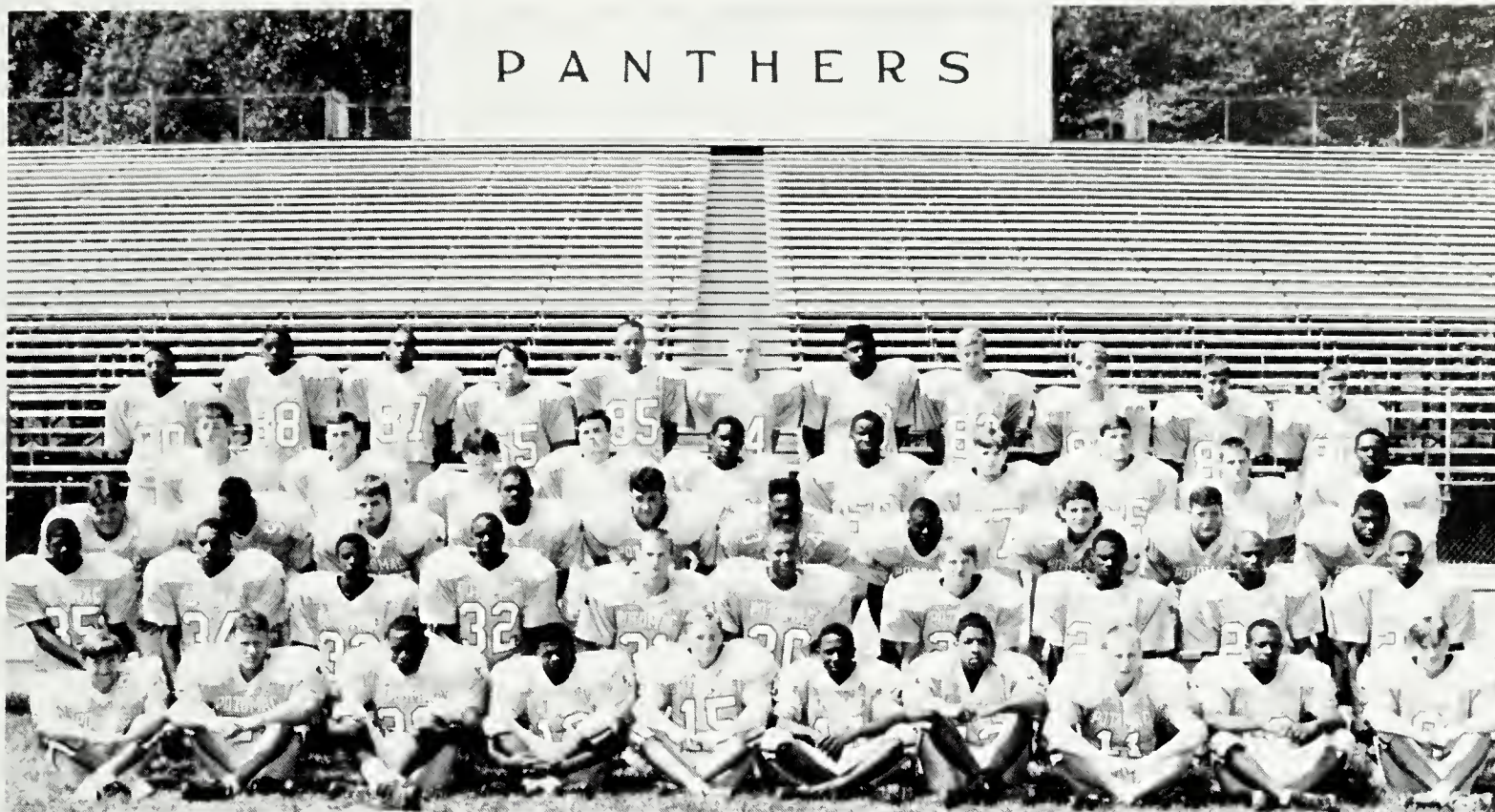


Good passes often determined the outcome of the game! Quarterback Mike Beall must have had that on his mind as he checked the field for an open receiver.

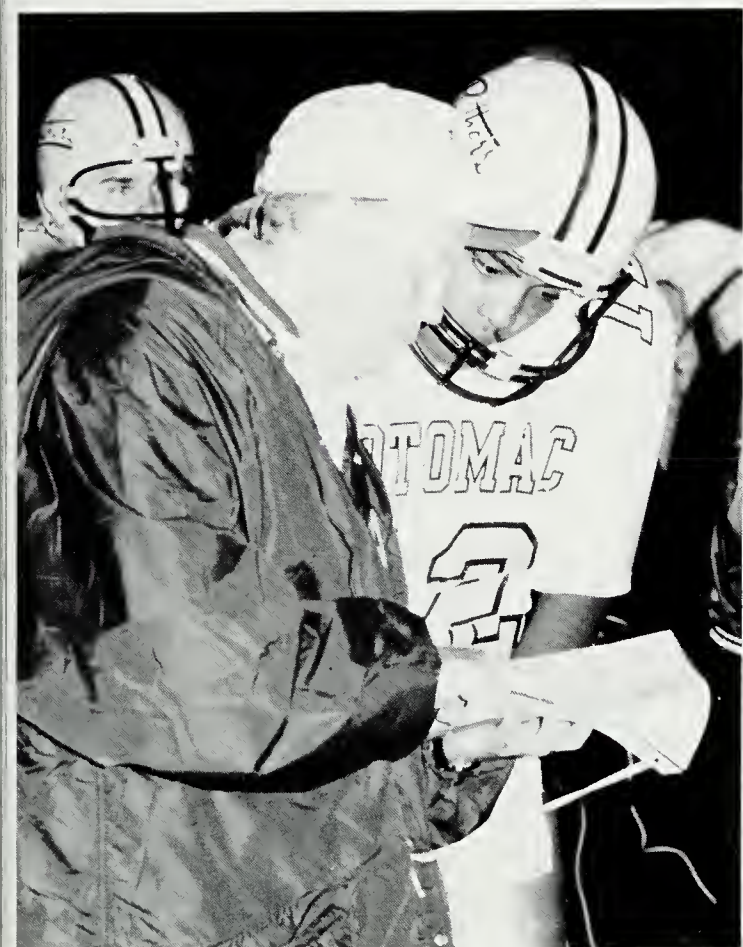


Varsity Football

PANTHERS



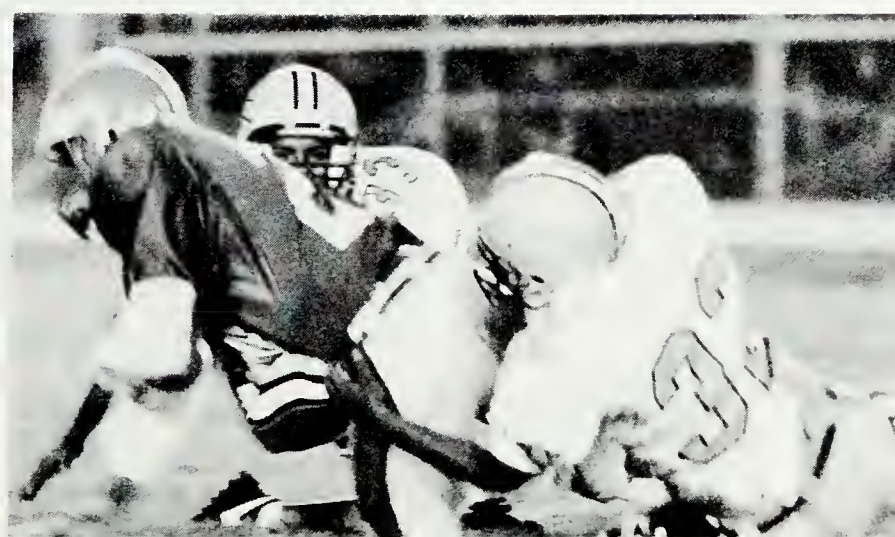
The team (l-r): Standing - Pat Honore, Delroy McDonald, Andrew Chapman, Trey Spilker, Kevin Johnson, Steve Apperson, Kaanah Gaither, Bryan Jordan, Eli Osina, Chris Lamberton, David Lamberton. Sitting - Ryan Ulrich, Kevin Yohey, Dan Stadie, Nathan Hunsaker, Ini Bassey, Quincy Queen, Ryan Jacoby, David Peck, Ryan Abrahamson, Steve Horn. Bending - Jeremy Woolford, Emanuel Brown, Shawn Blair, Jackson Alexander, Jason Garry, Delmar Jackson, Ricky Parker, Kyle McPherson, Tim Shubargo, Vaughn Fuller. Kneeling - Jimmy Simmons, Kwame Groves, Ken Cole, O.J. Webb, Allen Bryan, Larnell Hamm, Tommy McGrath, Terrence McCoy, Jr. Simmons, Chris Baker. On the turf - Ben Silence, Scott Calhoun, Billie Jones, Cortez Baker, David Bann, Demetrius Felder, Allen Brown, Mike Beall, Erskin Fox, Brian Bann.



Assistant Coach Steve Webb talks over a play with Allen Brown, before he is sent on the field.



Recognize the number! Yep! Its Cortez Baker scoring during one of the high points of the Homecoming game. You should have seen the run.



Defensive players O.J. Webb and Ken Cole enjoyed demonstrating to their opponents how it's done - a double-take down.



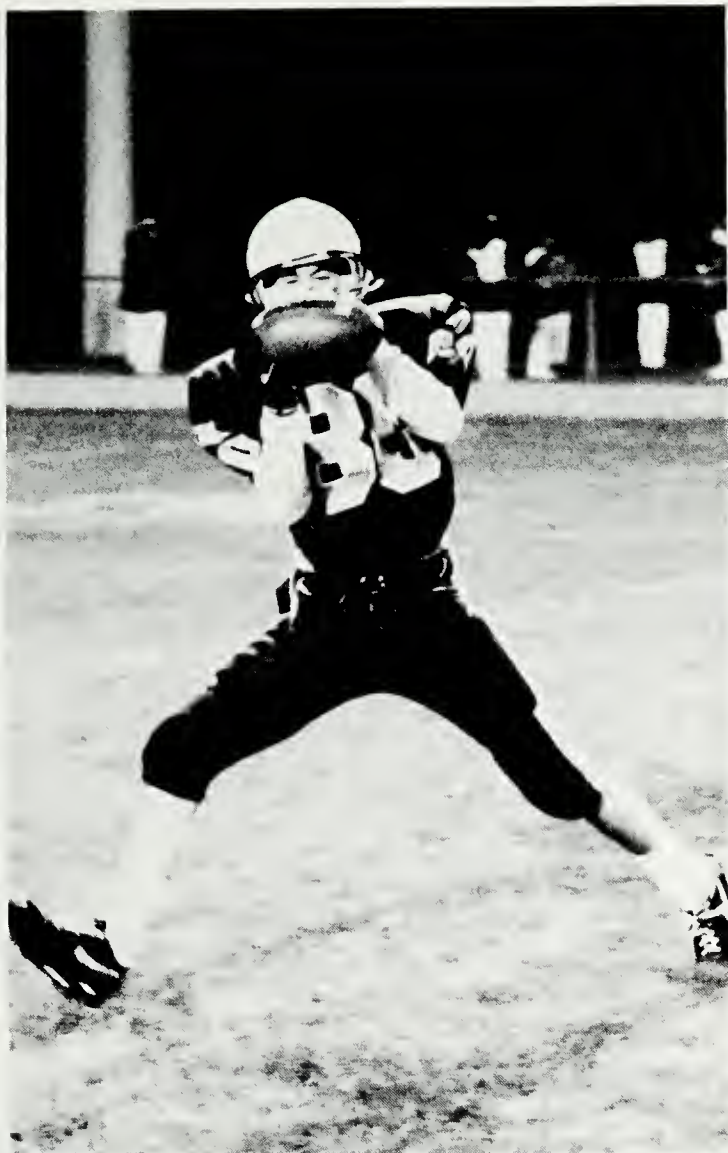


Football Fever!

Allen Bryan, J.V. quarterback, prepares to receive a snap.

The Freshman football team takes a moment to regroup before lining up for the next play.





Pat Flynn catches Larnell Ham's bullet pass on the run.



1st row: Terrell Jones, Jon Gurley, Mark Shores, Vinnie Fuller, Mike Marshall, Bruce Hook, David Hook, Pat Flynn, Ray Martin, John Holtzman

2nd row: Bryan Brown, Travis Kane, Daid Uribe, Frank Hornback, Bobby Hagy, Derrel Gay, Mike Turner, Vinnie Codispoti

3rd row: Mr. Carr, Gerard Anthony, Tim Kuhn, Chad Crouch, Ronald Hendrick, Damien Augustin, Jose Cook



Crew Long Oars and Longer Boats

Crew is one of those sports that many students do not get to see because of meet locations - on the water. It is also a sport that requires students to "stretch themselves" literally and figuratively. The only way one's boat is going to move properly is if eight oarsmen catch and sweep their oars in unison. The only

way crew members will get to practice and maintain their team/academic standing is if they stretch their already crammed schedules to fit in everything. They seem to be doing both quite well so far this season.

Some of the Panthers you will see sporting "I've just come off the water tans" this year are: Raymon Harris, Gerald Gard-

ner, Shawn Hobbs, Gaiton Garcia, Jan Eisen, Jason Stadie, Chris Fair, Steve Osborn, Ashely Modell, Jennifer Modell, Nikki Patterson, Jennifer Stewart, Amber Stewart, Andrea Stewart, Andrera Suzara, Elisha Triplett, Jessica Wanger, Jessica Allen, Gina Coletto, Sarah Klinehample, Brianne Brewer, and Robyn Malter.



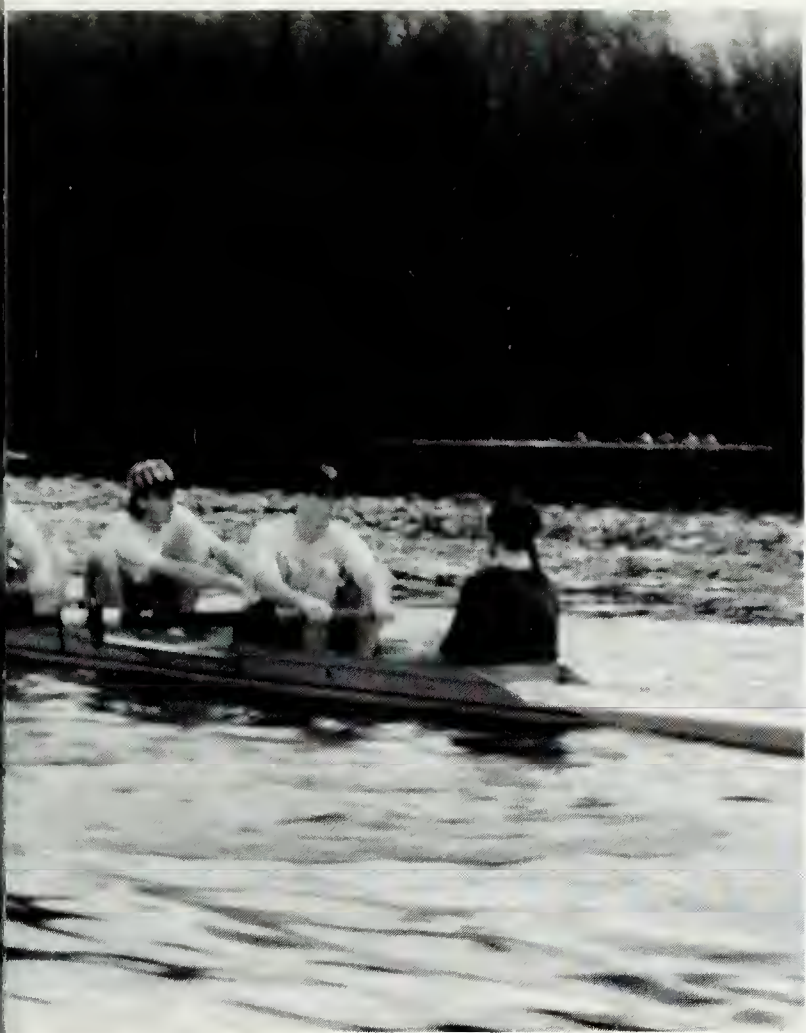
The "Guy's 8" was a pretty happy crew the day this picture was taken. They were testing out their new hatchet bladed oars.

Crew is not all water work and none of its easy. Shawn Hobbs, Jason Stadie, and Gaiton Garcia got to do some of the "scut" work.

Some novice rowers take a break from training to think over what they got themselves into - a whole lot of work and a bunch of good memories.

When you see a rower like this you can be relatively sure that he had just finished an all out race. Raymond Harris always puts out a max effort.





Did you ever wonder where those long boats crew teams use go when not in use?
No! Well; we will tell you, they go to the "Boat House."

Some people get a kick out of being the coxswain. That's the person not using an oar. The "cox" gets a free ride if she knows how to control the crew.

The ERG machine is for people who want to get the feel of what its like to row or for rowers who want bragging rights for how fast they can do a "split."

Getting a shell underway is not as easy as it looks. Flapping jaws and oars often make for some funny momments.



The Varsity Spirit Guides of the Four Year Trail!

Panther Spirit had a great group of promoters during the past year. The varsity cheerleading squad, sponsored by Mrs. Natalie Bonshire, provided the Panther family with a wide variety of encouragements during games and rallies. They served, in a way, as guides for others as they worked their way through the challenges the Four Year Trail offers. Whether they were on the field performing

or in the classroom, they seemed to take their duties seriously - raising spirits with a smile and a lively encouragement to others to take heart and succeed.

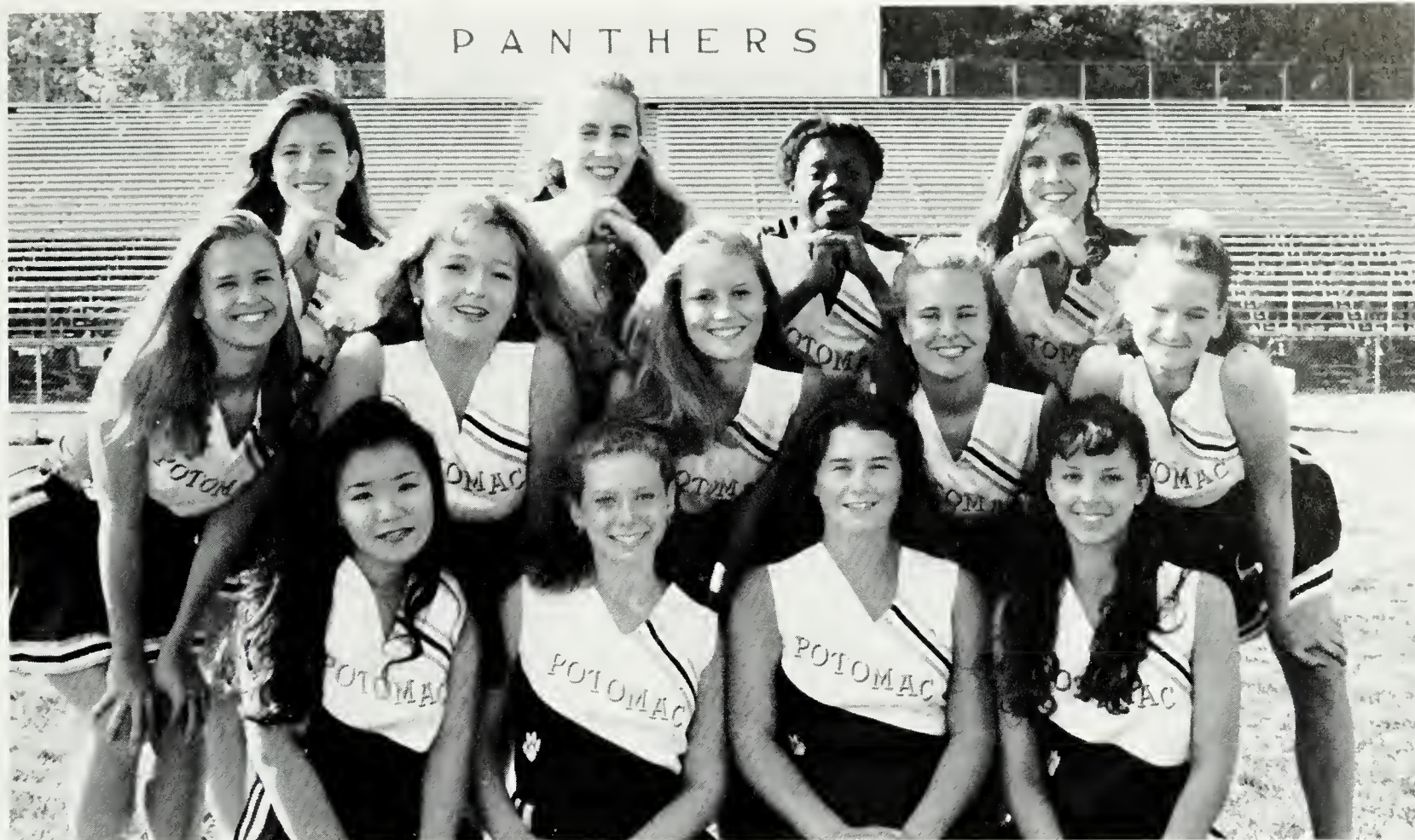
Contrary to popular belief, cheerleading is not something that you master overnight. The squad spent many hours in training at various cheerleading camps and after school. While at the University of Virginia camp, the team earned honors in the Home Pom

and Sideline routines. The team also earned the Leadership Award, no small feat in that it is presented on the recommendation of all the other teams present at the camp for technical excellence and team spirit. Shavonta Green and Wendy Hornback also earned individual honors in the Jump Off contest and All-Stars competition. - Amie Dotson





Despite a long day, cold night, and frustrating game Kristy Finucan and pals raise a smile in themselves and others.



Varsity Cheerleaders (l-r) - Back row: Christine Friend, Hilary Hartt (co-Captain), Shavonta Green (co-Captain), Danielle Bernier. Middle row: Wendy Hornback, Christina Huffsticker, Holly Krass, Kristy Finucan, Katy Elmore. Front row: Juhui Ham, Meghan Crowder, Kelly Underwood, Amanda Martin.



Purpose, Poise, and Panther Pride show up clearly in this cheerleader routine. Think you could smile if you were involved in this balancing act.

Juhui Ham stands out in the light, leading the fans in a round of encouragement to the Panthers on the field.



"Cheerleading is one of the most difficult of sports. We work hours ... for perfection ... everything paid off, I think." - Meghan Crowder



"O" what a night for a game! The squad uses its poms to spell out "POTOMAC" during one of its cheers. The visual effect of the complete routine is really great, even at night, as the cheerleaders go quickly through their spelling bee.



J.V./Frosh Cheerleading

Time is always short when teams have a lot to do. It was a positive experience to watch the J.V. squad stretch their time and themselves to meet their cheerleading challenges. It was also interesting to observe twelve young ladies blend into one unit to reach their goal - supporting school teams and helping others maintain their Panther Pride.

Rain or shine our cheerleaders "did good" for the Panther family. Besides excelling as spirit guides on the Four Year Trail, they did an outstanding job of supporting themselves through game program distribution and car washes, which the squad found to be an adventure in itself.

"I'm glad I can put my effort into something I love doing," said Chevonne Outerbridge. The

J.V. squad was sponsored by Ms. Tonya Reed of the school's security office. Under her leadership, the squad was able to channel their love of the sport and "tons of energy" productively, earning the respect of their peers and a second place trophy at regional competitions. Go Panthers! - Amie Dotson



"Everyone thinks that cheerleading is not hard work, like most sports. In sports you can get hurt. Well, we get hurt also!" - Amie Dotson

Cheering requires squad members to be "up" for all situations. Check out Audra Roberson!

The JV and Frosh cheerleaders doubled up to congratulate the football team on a scoring play.



During a break at a training camp, the J.V. cheerleaders pondered whether or not they wanted to be models. Fortunately for us, they decided to continue as cheer guides as the Panthers prowl the competition trails.



Cheerleading - A Way Of Life

Despite not having had the advantage of attending a U. VA cheerleading camp or a year of experience working together, the Freshman squad did a super job promoting school spirit. Following the guidance of their advisor and suggestions from the J.V.

squad, they quickly mastered the cheers, sidelines, and stunts Potomac watchers have come to expect.

Getting ready for games and competitions was a challenge for the entire squad. Lindsey Priestly, a former Potomac cheerleader, choreographed a new routine

the squad used to earn a first place in freshmen level squad competitions. Practicing long and hard became a way of life for the freshman squad. However, their hard-work and dedication really paid off. Way to go Frosh!



JV Squad - Top Row (l-r): Chevonne Outerbridge, Kris Wolf. Middle Row (l-r): Wendy Worthington, Catrina Linegar, Katy Bouchard, Ephasia Smith, Elisha Triplett, Amie Dotson, Lindsay Hartt Bottom Row (l-r): co-Captains Audra Roberson, Alyssa Eland, and Arlynn Flecker.



Freshmen Squad - Top Row (l-r): Captain Brandy Ranson, Kristi Brown, Kelly Finucan. Middle Row (l-r): Tesheka Waddler, Rebecca Dent, Captain Lindsay Green, Edwina John-Williams, Hannah Hoffman, Amanda Kinson. Bottom Row: Corina Boyce.

The energy and enthusiasm shown by Amie Dotson, Chevonne Outerbridge, Alyssa Eland, and Katy Bouchard during one of their routines helped to light up fans' spirits during a night game.



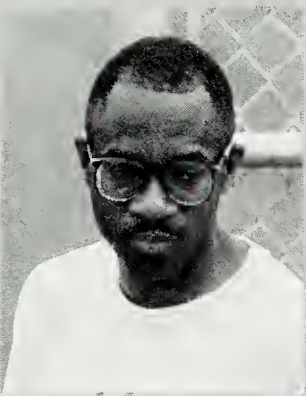
A smile will always go a long way. Considering the length of the Four Year Trail, these Frosh cheerleaders should not have a problem with going the distance.



Some of the Frosh cheerleaders discuss an inside joke.



"We were a 500 team. We won some, lost some, and had some fun while we were at it." - Coach Blount

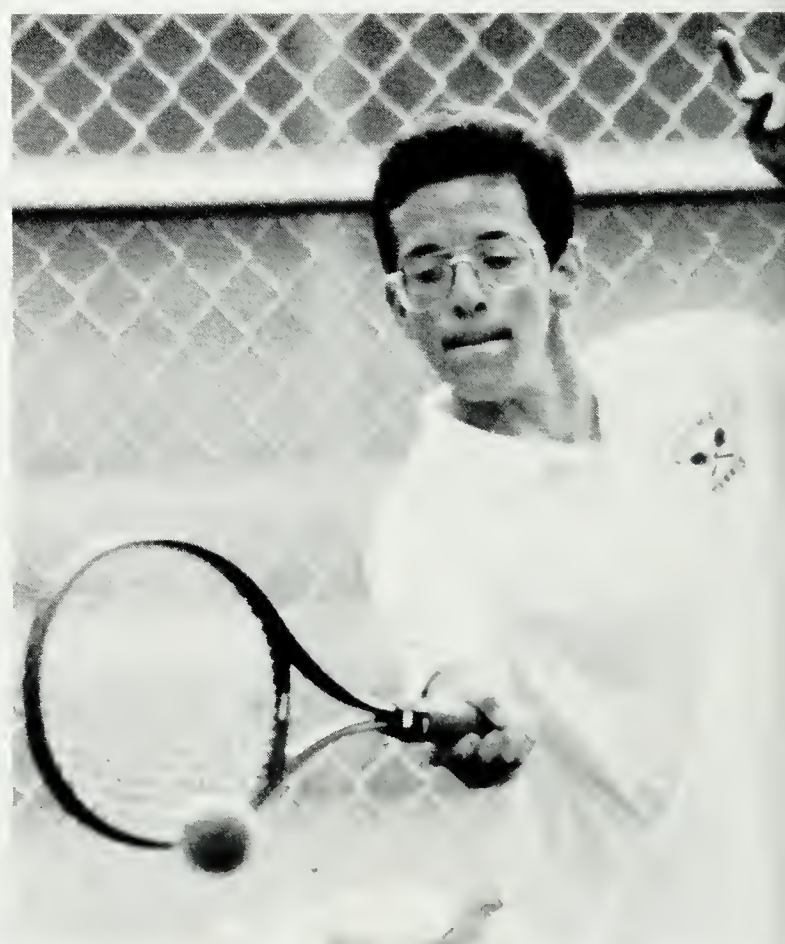


"Watch everybody, this is how it's done." - Brian Smith



The ability to focus during a tennis return is critical. George Hummel shows his ability to focus properly during his return of an opponent's serve.

"One moment please, I feel a great shot coming on." - David Agresto
- At least, that is what his teammates thought was running through Dave's mind as he made his return.



Boys Tennis

What's all the "racket" about?



Every sport has its sights, sounds, attitude, and objective. The objective of tennis is to win by putting the ball, on the court of course, where your opponent isn't. Barring that, players work hard to frustrate their opponent by returning impossible shots.

That activity helps to create sights spectators enjoy, like "airborne" players stretched to "max" for a return. It generates some "tennis" sounds like squeaking shoes, racket "swooshes" and player grunts. It also allows players to demonstrate their "atti-

tude". Smiles, frowns, stares, poker faces, hard looks, are some of the visuals one saw on our players' faces as they expressed their attitude. Whichever one the Panthers adopted for a match, be assured it meant they gave a 100% to the game for the team.

The Panthers' attitudes "helped us to get through an extremely difficult season," said Coach Blunt. Chris Kwiatowski compared his attitude to "...the beginning of a new life..." - ready for anything served up! - Jan Eisen

Intensity! What is it? Its a Tennis thing! Chris Kwiatowski's caused his opponent to fault on a serve. Guess its a "good" thing also!



Back row: Coach Lewis Blount, Chris Kwiatowski, Thomas Corillo, Matt Corillo, Brian Smith, Chris Wakefield. Middle row: Chris Taylor, Justin Jocewicz, George Hummel, David Agresto. Front Row: Rossi Borneo, Deon Tolivor, Bryan Barillo





Tennis fans enjoy a good volley, however they don't have to do the court work. Tennis players find it a bit easier on themselves if they can serve an "ace," and from the looks of it Christen Wheeler is enjoying the ace she just served to her opponent!

If you have ever watched professional tennis, part of the entertainment it offers is found in the facial expressions made unconsciously by the players during the match. From the looks on Kim Smith's "faces," some think she could make it on the professional circuit?



"Ladies Tennis was an exercise in sportsmanship, dedication, teamwork and fun." - Michelle Walker

Girls Tennis

When Love Is Not Enough!

During late August, while many students were home enjoying the last bits of their summer vacation, the Girls Tennis team was out practicing for upcoming competitions. As the final school bell rang after September and October days, the team went not to the buses or their cars, but out to the courts to practice or compete. Often

their games would last for hours and were played during less than optimal weather conditions. "I hated going out into the cold with those tiny tennis skirts," stated Kim Smith.

Since the sport is demanding, the team was asked, "Why play?" Most of them indicated: "To practice with and compete against a girl their own age and skill level; in

order to make friends and have fun, because they wanted to learn how or because it gave them something to do after school." "I had lots of fun, all the girls are great to be with," said Jennifer Reynolds.

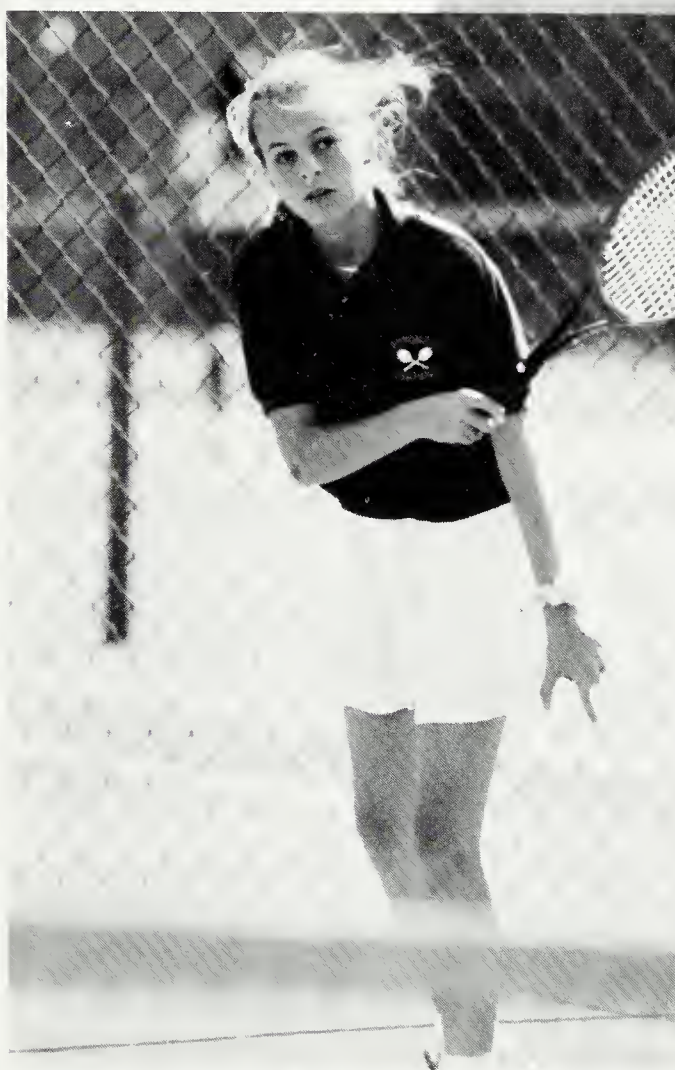
Whatever reason they had for playing, "love" had nothing to do with it, since a "love" score could only hurt a win/loss record. - Jan Eisen



"The team had a lot of spirit and tried their hardest." - Samantha Freeman



Sometimes tennis is a pure power game. See how Susan Sowala used hers.

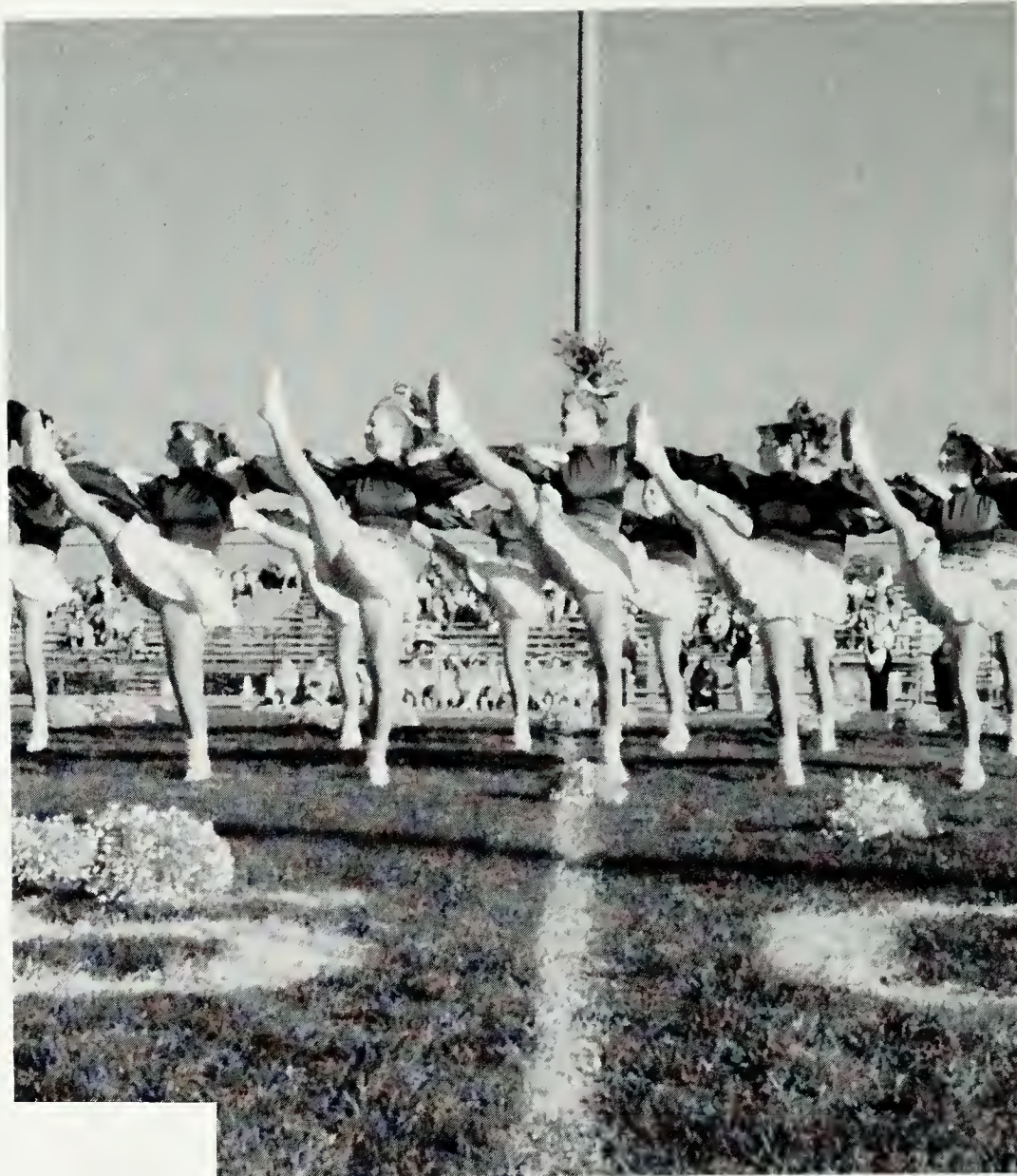


No matter how a serve or return is made, the rules say the ball has to stay in bounds. "Is it out or not?" wonders Carol Savage. In scholastic tennis, players are on their honor to make fair calls.



Top Row (l-r): Laura Moran, Stefanie Kinikin, Carol Savage, Jennifer Reynolds, Susan Sowala. Bottom Row (l-r): Christen Wheeler, Michelle Walker, Samantha Freeman





The Pantherettes - Standing (l-r): Amy Bann, Joyia Meeks, Tomika Blackwell, Andrea McNally, Nikki Spain, Natalie Staples, Hollie Swilley, Heather Barley. Bending (l-r): Adrian Buffington, Dana Douglas, Jessie Gibson, Lori Dodds, Tamara Hawkins, Deena Taylor, Cathy Caseman. Sitting (l-r): Caren Tahan, Jessica Caseman, Michelle Nicolson, Stephanie Shields, Diana Duvall.

The squad seemed to be enjoying themselves as they demonstrated their trademark - a high kick with pointed toes - during their only daylight performance for the '94 Homecoming football game.

Since a good many of their performances are done at night, the Pantherettes used the school's colors and silver poms to good advantage while demonstrating their "Tribal dance" routine. Notice their smiles despite the chill night air - gotta like what you are doing to do it well.

The Pantherettes introduced a new routine during the pep rally for the Homecoming game. The crowd was "mezmorized" as one spectator put it by the combination of stadium's lighting and the brilliance of the performance.



Pantherettes

Poise, Precision, Pride, and Purpose

The bleachers were filled. An air of silence fell over the crowd as the Pantherettes, in blue and white, took their places on the field/gym floor during the game's half-time break. They stood motionless as their silver poms sparked from the stadium/gym lights. Then the music started.

What followed was a visual treat as the Pantherettes performed their award-winning routines. Modern dance, high kicking, ripple move-

ments and a intense sense of purpose and pride drew the applause of the onlookers.

This scene has been repeated hundreds of times during the past fourteen years. While the members have changed over the years, the Pantherettes' reputation for poise and precision has never faltered. This tradition of excellence comes from the sense of purpose they bring to practice and performances.

The Pantherettes' '94/

'95 leadership included co-Captains Michelle Nicolson (a four year member) and Jessica Caseman, along with Lieutenants Stephanie Shields, Diana Duvall and Caren Tehan. They, along with others worked year round to perfect their routines. This included attending training camps during the summer. While at the University of Virginia camp, they excelled in several competitions earning a first place for their "home" routine and a second

place for their team routine. They were also awarded superior ribbons for their technique and showmanship.

The Pantherettes are a real part of the Potomac tradition of excellence as they require "discipline, patience, cooperation and leadership," said Diana Duvall. Their fans will no doubt be treated to many more years of entertainment and spirit raising as the squad's leadership passes on its skills and drive.

"Pantherettes is an exciting experience which teaches you to be more disciplined. It also gives you a chance to meet other dancers from different schools." - Michelle Nicolson

Fans have mentioned that its fun to watch the faces of the Pantherettes as they perform. Any idea as to what Hollie Swilley and Natalie Staples are thinking?



Pantherette Officers: LT. Caren Tahan, co-CPTs. Michelle Nicolson and Jessica Caseman, LTs. Stephanie Shields and Diana Duvall.



Band/Marching Band

Potomac's Pride

A dusty field during the later part of summer is a second home for the Pride of the Panthers'. Shorts and tee-shirts may be the uniform of day, but the day's business includes the mastery of marching steps and formations. For a few, instruments are incidental to the heat the bandsmen must ignore. For others, their instruments compound the heat's in-

tensity. But wait, in a month or three, the night air will cause many to wish for summer training weather again.

A green and well lined field becomes home for the band during football season. The musical cheers they provide keep up the spirits of the team and fans alike. The shows it presents during half-time, with its Color Guard, warm up the chill night air with its brass,

drum and reed instruments.

Additional homes occupied by the band are the bleachers during basketball season, and the "cheese wagons" that take them to open air concerts and competitions like: Hampton - 1st Place Band and Drum Line, VBODA - Band and Color Guard Superior ratings, Oakton - 1st Place Drum and Color Guard.



How many hours are spent on preparing for 10 to 15 minute of stage time? Brian Brown knows - Fifty plus!

Last Spring's concert at Locust Shade Park gave the band a chance to switch to their "summer uniforms."



A good drummer like Carlos Sotelo can set the band's tempo. Wonder if the costume he wore matched the beat he set?





Personal pride, marching precision, and musical ability are reflected in the shine of Curtis Shoffner's horn, his cadence and the sound of his music.

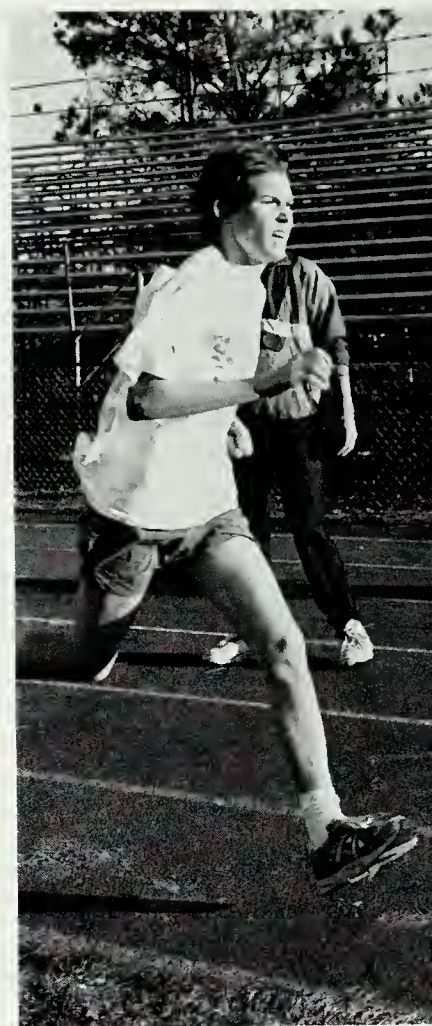
From time to time organizations experiment with their image. Potomac's Pride had considered the uniform(s) you are looking at, but the cost was prohibitive.



Drum Majors and Senior Band Members: Front (l-r) Chris Malter- senior drum major, Janaye Felder- junior drum major, Ryan Sheehy- drum captain. Middle: Kenny Sorrell- saxophone section leader, Bryony Hasychak - flute section leader, Chris Copenhaver. Rear: Paula Evans, Richard Smith, Shane Sobers, Curtis Crawford - low brass section leader, Curtis Shoffner, Pricilla Rich - color guard captain.



Probably the toughest part of a cross country race is breaking loose from the pack at the starting line. Can you find our Panthers in this District competition.



The final leg of any cross country race usually requires every runner to dig deep into themselves for the energy to finish. Rod Thayer found his in this race.

X Country

Cross Country is a sport that can, be reduced to a mathematical formula - $FT (final\ time) = \frac{DR (distance\ run)}{RAS (runner's\ average\ speed)}$. To check if your time is a win, place, or show all you need do is compare it against the FT of all others in your race. However, if things were that simple the sport would not be one worth competing in.

Running for sport, takes a degree of dedication different from other sports. You not only have to beat your opponent, you have to beat yourself first. One foot after the other, just wont "hack" it when it comes

to competition. Knowing when to hang back a bit, when to kick out, and when to put in the last measure of energy you have requires a strong willed human spirit in control of a body that's in a bit of discomfort.

The '95 team, coached by Mr. Stearns, a runner himself, pushed hard to improve personal bests and the team's overall standing. They practiced on nice and not so nice days. They ran on good and sometimes rotten terrain. Guess what? The team had several of its own qualify for state level competition, after strong showings in district/regional meets. - Brian Tirch



Sometimes its good to have someone out in front of you in the final stage of a race to adjust your pace by. Mike Koontz subsequently passed the his pace man.





After a long run Dave Agresto looks almost relaxed as he strides toward the finish line. Guess something in the "Runner's Ethic Book" requires finishers to display the no pain look!



A cross country race is not a walk in the park. It is not always run on a prepared surface. The runners also do not stay in a tight pack; however, the "tail end Charley" does like to keep the lead runners in sight.

"I like the blend of individual effort and the sense of belonging to a team." - Stephanie Truax

The Team: Back row (l-r) - Gerard Perminter, Dave Agresto, Mike Koontz, Brian Letendre, Dion Tolliver. Front row - Josh Carvalho, Rod Thayer, Stephanie Truax, Dinnie Merrix, Shawn Hobbs.

Dave looked relaxed above. Here he was tense as he worked to get out front.



GOLF

Inner Peace and Great Shots

The '95 focus for our golfers was to enjoy the season and to increase each member's game knowledge and skill. Their regular season record showed that while they were not the best team around they did have a great deal of inner peace

and periodically made some unbelievable shots.

Coached by Mr. Hayes, the team included Chris Kwiatkowski, Chris Chudacek, George Hummel, Mike Costa, and Samantha Litsinger. The team practice and competed at various courses around

the area, like Montclair and Quantico. Rumor has it that they rated a course by the quality of its "nineteenth hole," the place where all duffers settle up on gentlemanly side bets and discuss their games or replace the fuids they lost while walking the greens.



One of the sacred rules of golf is that you must play the ball from wherever it landed after the first stroke. Sometimes people would like to forget that rule.



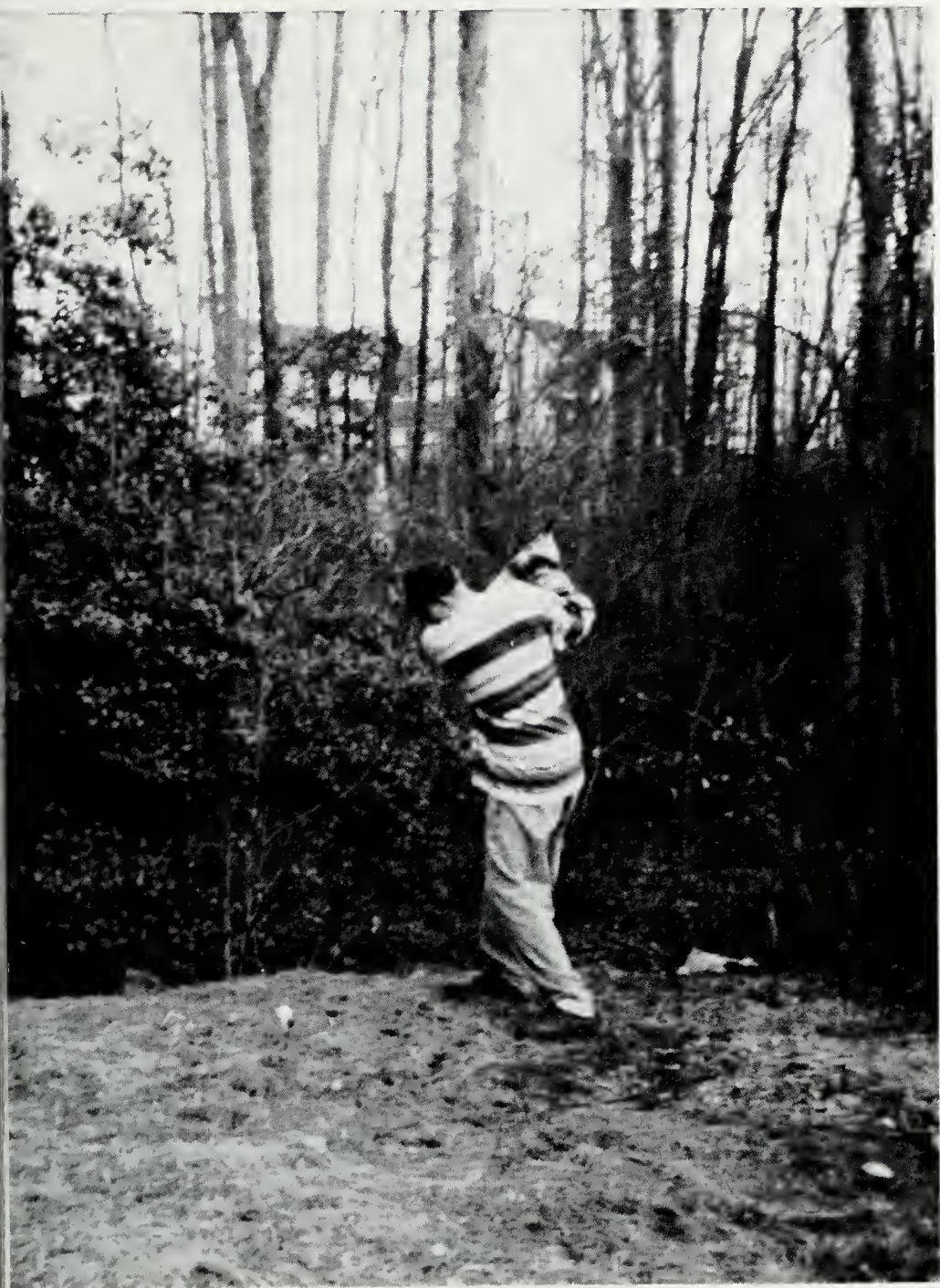
A dedicated golfer will try the impossible to make par or go under. They also do not really watch their watches. They are first to last light sport enthusiasts possessing a keen sense of balance and timing.

Golf is not the cheapest of sports to engage in. One way the team cut costs was to use each other as a caddy to assist in lining their shots up and in picking the right wood or iron for the shot.



While not recommended for use on heavily travelled roads, George Hummel used a parking lot's yellow lines to help him practice his long drive swing.

Stance, grip, and swing start all play their part in golf. George Hummel appears to be demonstrating how he likes to line up for a drive shot.



No, Chris Kwiatkowski isn't pretending to be a tree with branches. He was obeying games rules, if you lose your ball find it.

Having found his ball, Chris adheres to another rule of the game - playing it where it was found. While you can't see his face, you can imagine his thoughts on the matter.



Wrestling

No Neutral Corners

Wrestling is a winner take all sport. While wrestlers belong to a team, when it comes to match time, it can get a bit lonely out on the mat since teammates can't help you break a hold, make a point earning re-

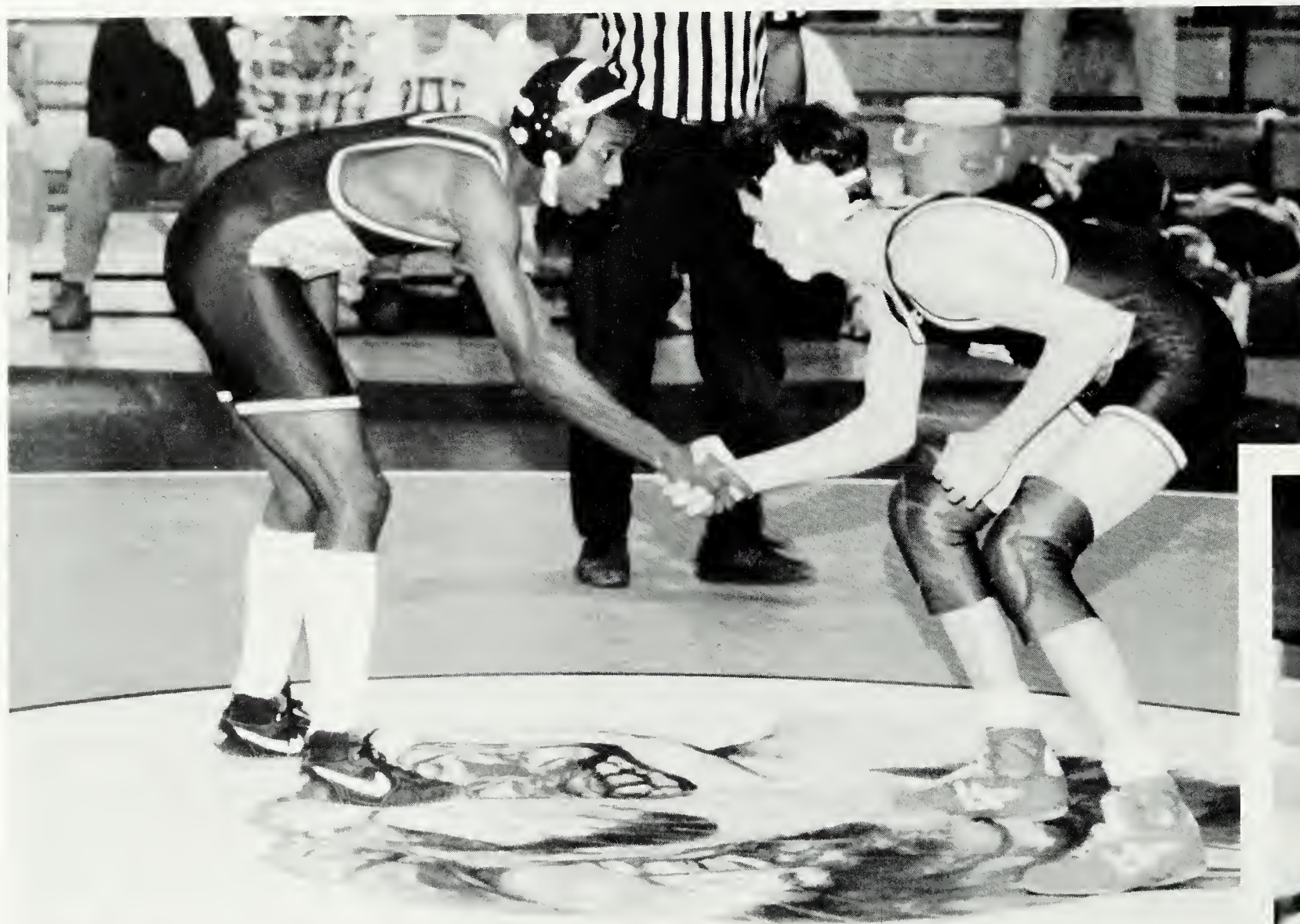
versal, or go for the quick pin.

Potomac's wrestlers understood this fact. They also understood that the success wrestlers seek comes only after hours of hard work at practice and a twenty-four hour a day deter-

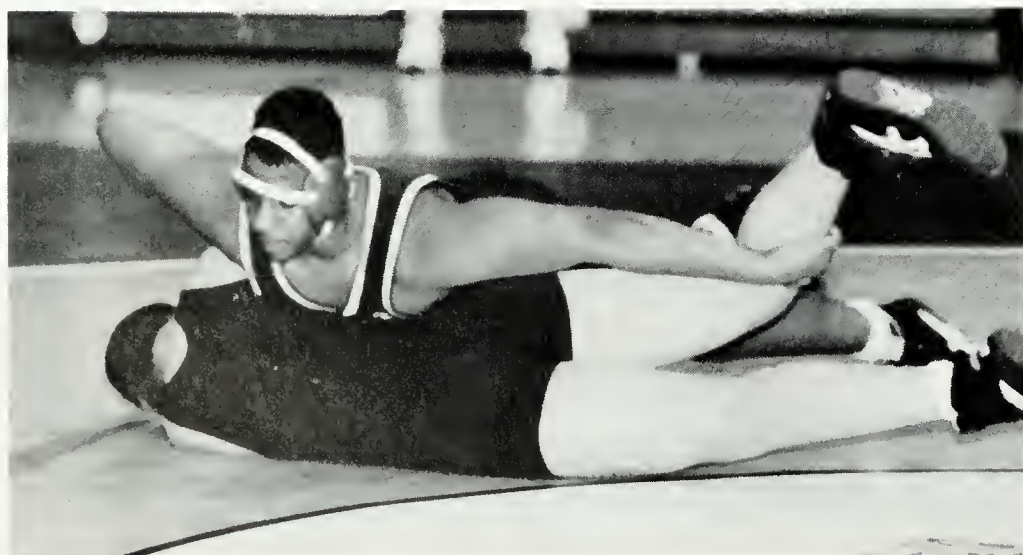
mination to "make weight." No Twinkies, or other hunger/taste satisfying junk food.

The team was 6-3-1 at the time of this article's writing and getting ready for the "Dual Regionals." Several of its members have run up personal

stats of 24-3, 19-2, etc. Players do not earn these records by backing off. They earn them by playing (by the rules) to win. Remember, the Panthers can't seek a neutral corner, nor can they ask for a time out or a substitution!



Ken Cole observed match courtesy just before he proceed to alter his opponent's perspective on wrestling. Ken's ability to stare down an adversary often gave him the upper hand in the first critical seconds of a match.

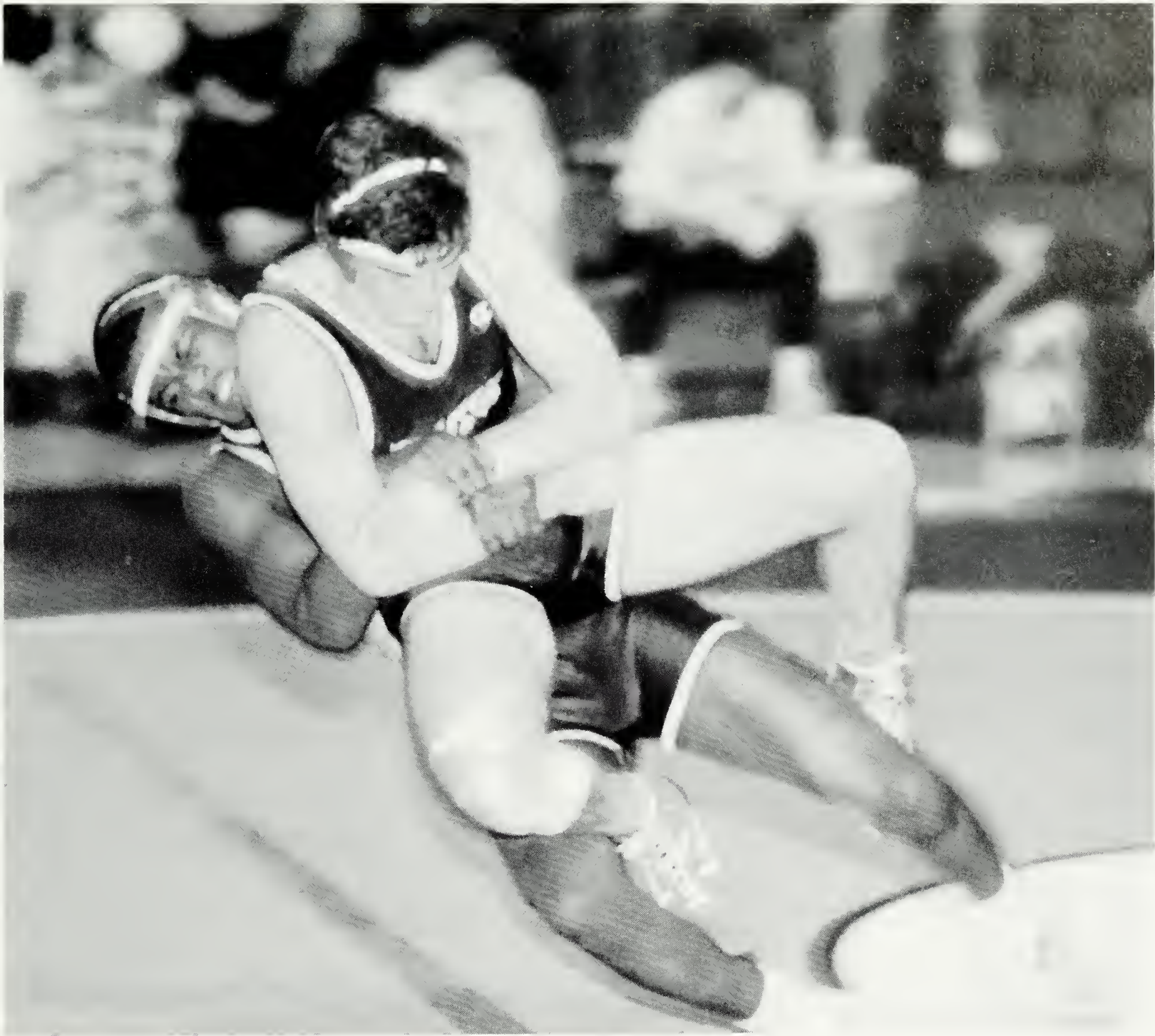


Wrestling requires a great deal of flexibility. Anthony Dunkin bet that his was greater than that of the gentleman on the mat. Anthony won that bet.

Scientific principles, applied correctly, impact greatly on wrestling match results. Bobby Sutliff's application of the "if it goes up - its gonna come down" theory helped remove any question as to who the winner of his match would be.



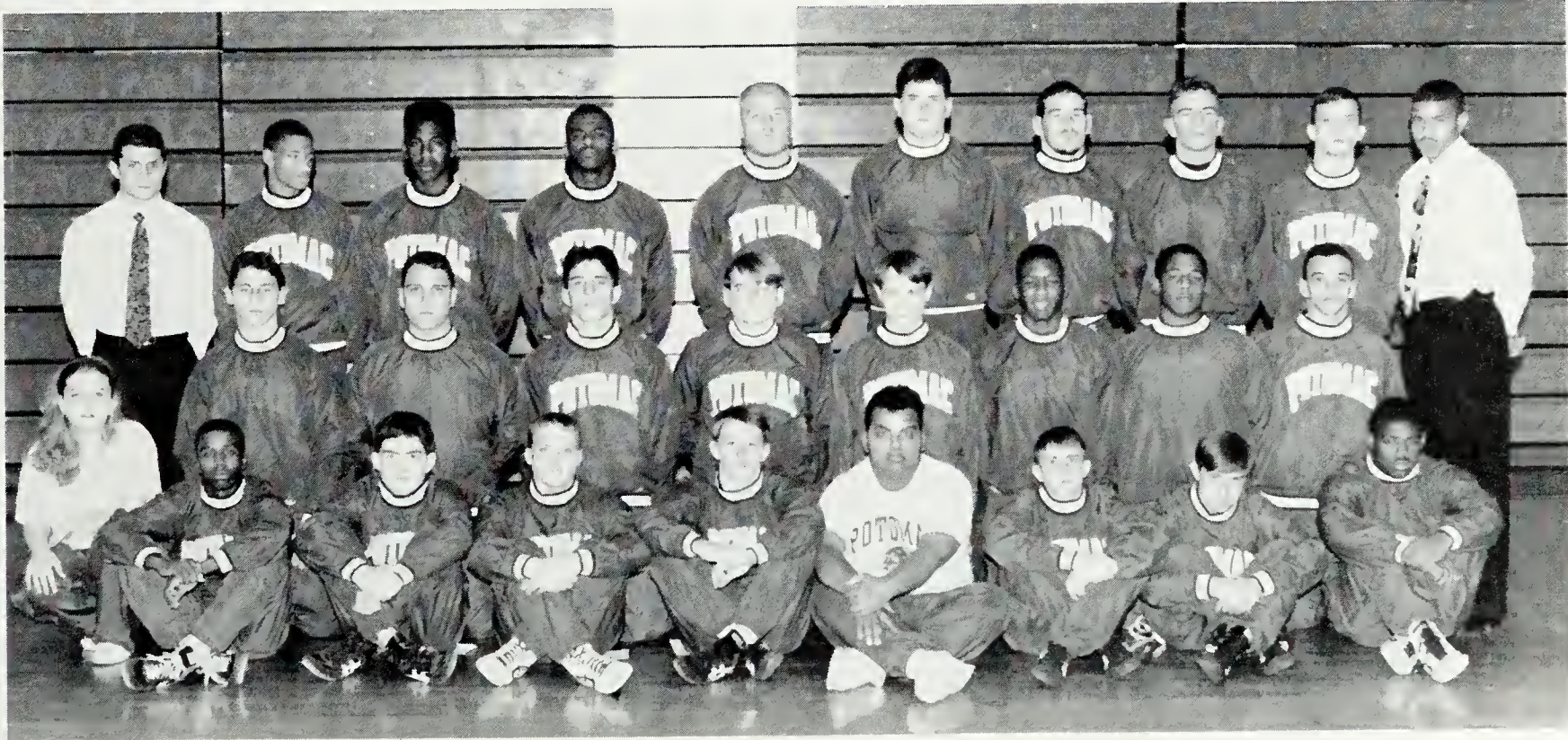
Check out the determination on Ed Wood's face. A bit off balance, and carrying an "extra load", Ed's strength of will enable him to put his opponent down, hard, a split second after this photo was taken.



The wrestling look, as demonstrated by David Peck, does not exude warmth. It does "tell" the fans and the opposition that he is ready for business and would prefer to get on with it.

The composite team; Standing (l-r) - Coach Harris, Deon Tolliver, Mike Austin, Edward Woods, Bobby Sutliff, Chris Robinson, David Peck, Eugene Meadows, Coach Bryson. Kneeling - Diane Simons (Manager), Ray Martin, Ken Birch, James Day, John Hendricks, Jake Brush, Emanuel Marion, Anthony Dunkin, Arty Flecker. Sitting - Ken Cole, Thadeus Rasmussen, Josh Barnes, Tommy McGrath, Telal Siddig, Steve Clement, Ben Silence, Jackson Alexander. Not pictured: Thomas Cox, Tim Shubargo.

"Wrestling is a mental thing as well as physical". Most people get the wrong perception of wrestling and think that it is boring...its as exciting as basketball or football! - Tim Shubargo



Girls Basketball

Varsity



A quiet moment for the team before the game.



Potomac trying to avoid the O.P trap.



Another hard battle for the Panther girls.



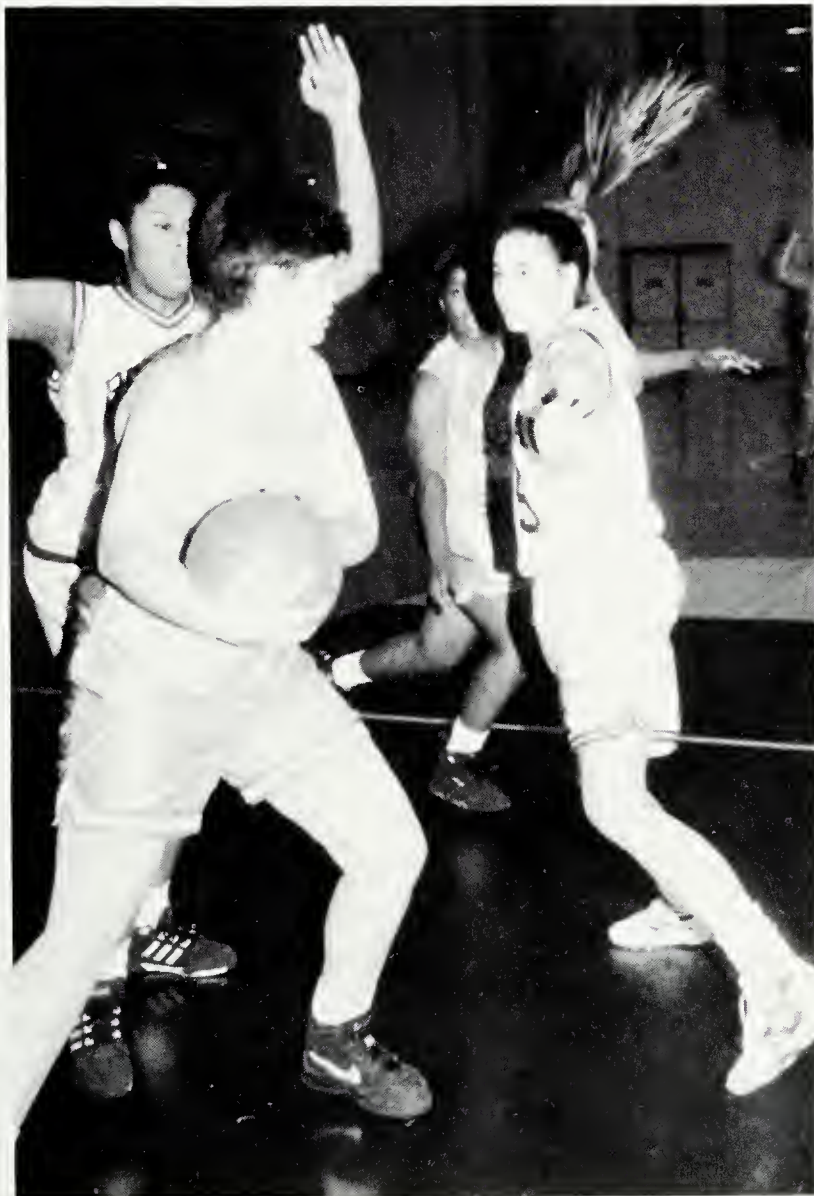


Varsity: Back Row- Angela Yeboah, Mary Edgington, Karen Dennison, Middle Row- Nikia Studevent, Shauna Jackson, Amanda Sackett, Front Row- Jenaye Felder, Joyce Brewer, Lisa Coleman, Danielle De-nault.



Coach Clarke gives the girls the plan.

The defense goes for the stop.



"Get outta my way, I'm comin' through."



Girls Basketball

Freshman and Junior Varsity

The girls J.V and Freshman basketball teams played hard this year, and had very productive seasons. The freshman girls lost only one of their sixteen games. The girls games were a combination of a high scoring offense, which ran up the score, and a high pressure defense which wouldn't let the opponent come back in the game. "We played to win and had fun along the way," said the girls manager, Melissa Fisher. For this team, the outlook is good and the future is bright.

The J.V team defined desire this year. The desire to score, to excel, and to win. The beginning was rough because the team was young. As the season progressed, the skills improved and the team clicked a bit more. The personality of the team was great. The girls had a good work ethic compared to past years. It gave them the desire to win games. "Greater the dedication to the game, the greater success you'll have as an individual and as a team player. Attitude is excellence, and excellence is attitude" - Coach Kittel

Freshman: Back row- Melissa Fisher, Virginia Myers, Mr. Maloney. Middle row- Kendra Marshall, Sherrell Rowe, Kelly Garrett, Jessica Vasquez. Front row- Megan O'neal, Lauren Andrezejewski, Alisha Lewis.



J.V: Back Row- Chantel Barrett, Mindy Bushey, Lissa Wetherall. Middle Row- Anne Thayer, Curlisa Thomas. Front Row- Felecia Marshall, Anquetta Blount, Leonor Lacosta.



Kelly Garrett takes jump shot over Hylton defender.





Alicia Lewis dribbles through traffic.



A brief pause in the action and a moment to catch a breath of air.



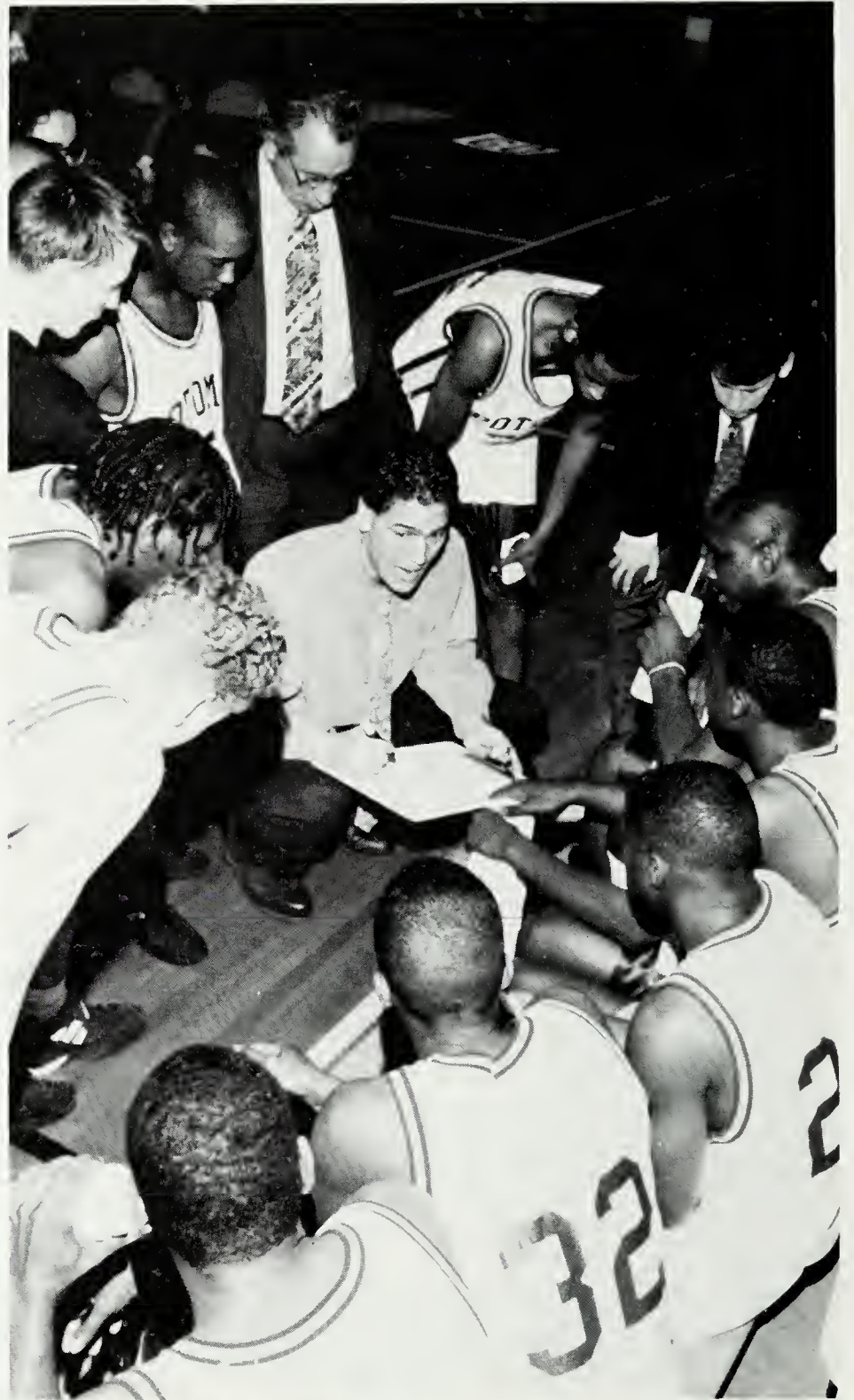
Aliyya Shafeek races down the outside of the court toward the basket for an easy lay-up.

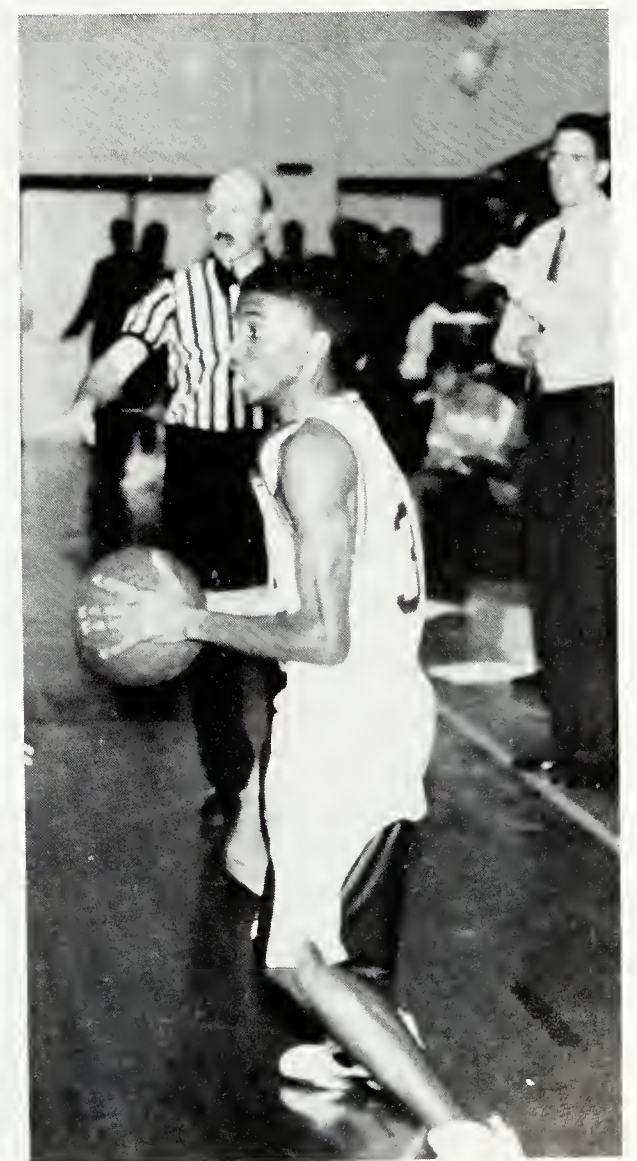
Virginia Myers eyes the jump shot all the way through.



We are the Champions!

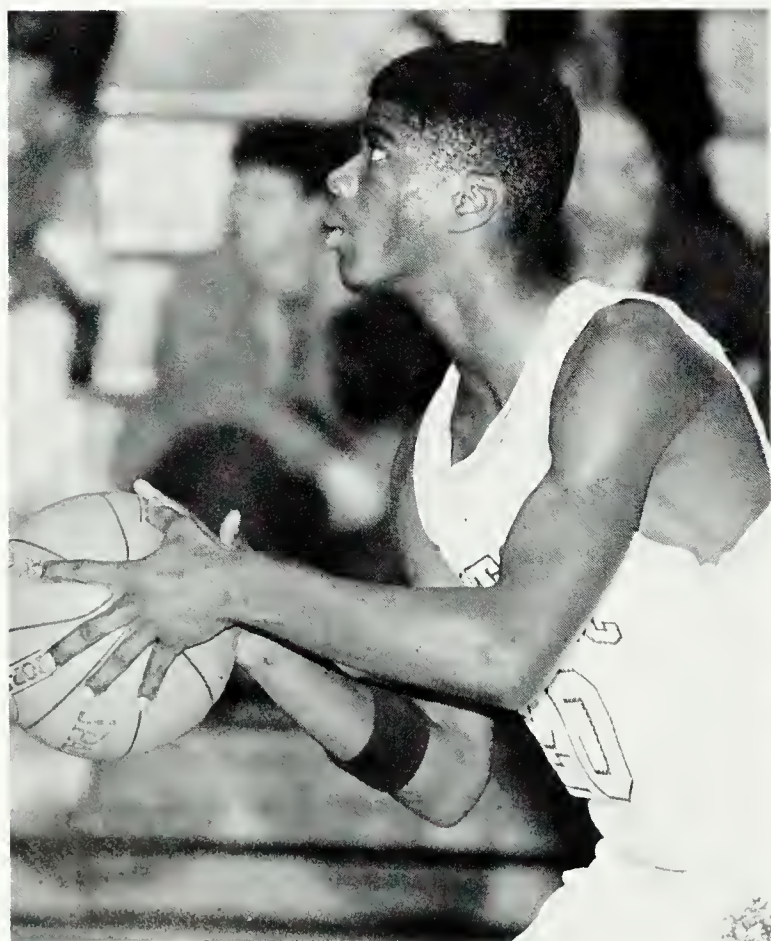
Potomac's Varsity Takes State Championship!





Boys Basketball

Freshman and Junior Varsity



Freshman Mike Marshall prepares to "swoosh" the ball through the net

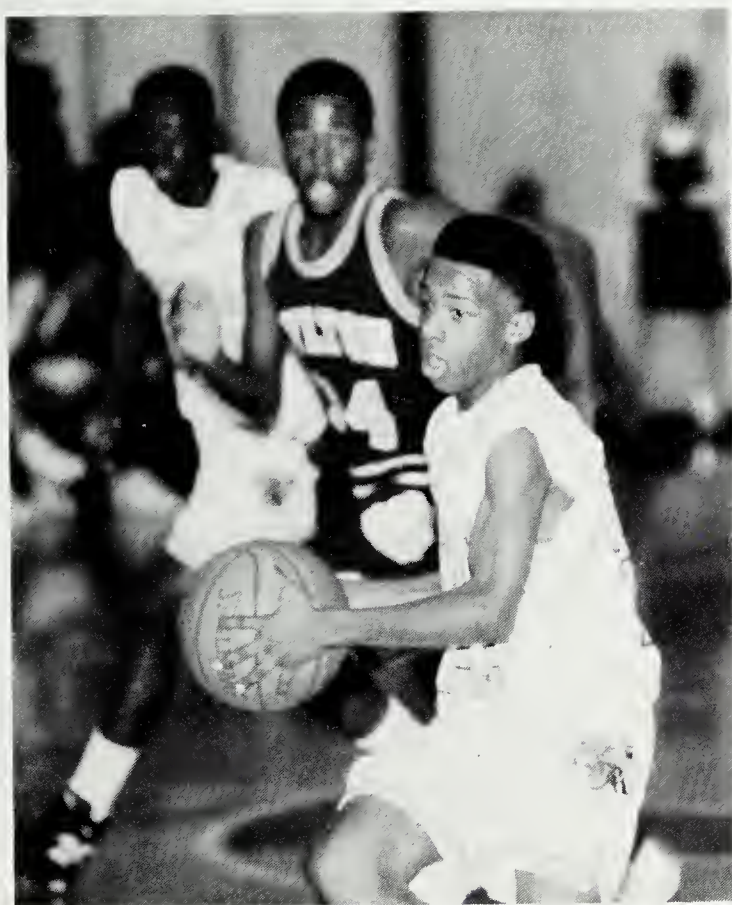


Daran Whitehurst waits impatiently as he watches the ball spin through the air.

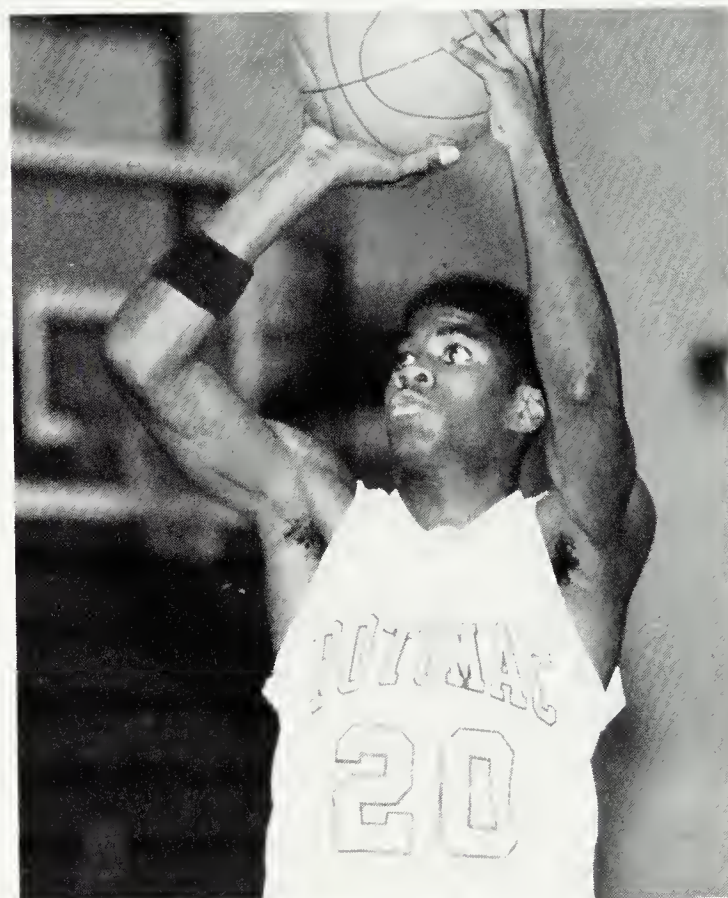




J.V.- Back row: Delroy McDonald, Rayvon Wanzer, Caine Gaither, Thomas Kellet, Adam Fletcher. **Middle row:** Tim Licata, Patrick Honore, Thaddeus Kwiatkowski. **Front row:** Greg Lewis, Terrence McCoy, Faheem Williams.

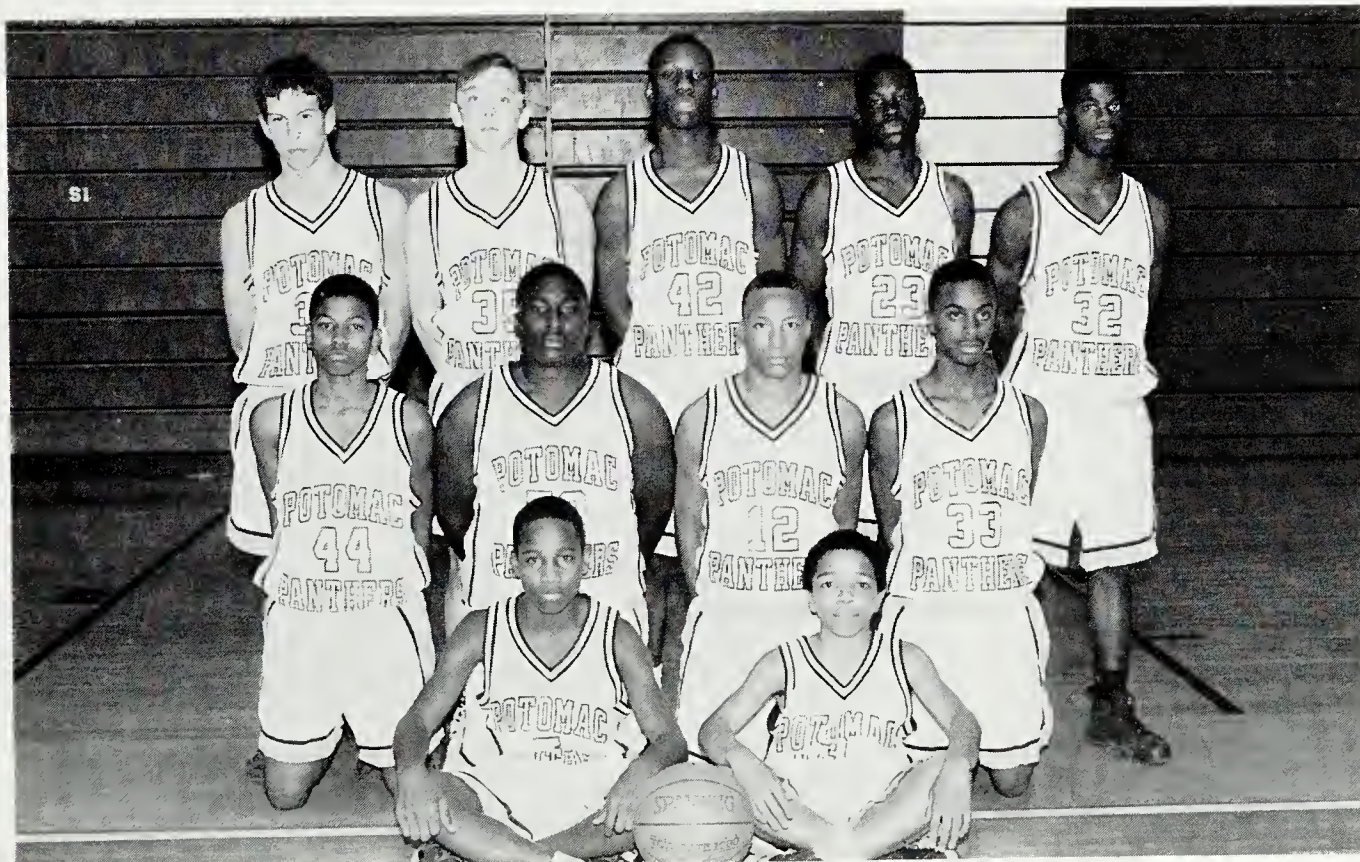


Clifton Barbee dodges his way toward the hoop.



The crowd roars as Mike Marshall jumps to score.

Freshman- Back row: Pat Thomas, Jonathan Barany, Deran Whitehurst, Derell Gay, Mike Marshall. **Middle row:** Jose Cook, William Bellamy, Larnell Ham, Terrell Jones. **Front row:** John Cannady, J. Duplessis.



Girl's Gain Experience



"It was a very tough season, but I'm glad we stuck through it." - Jen Ghisolfi

"It was a great experience playing varsity as a freshman." - Stephanie Rinker



"Soccer ... requires a lot of energy and dedication. That's ... why I love playing for Potomac." - Jacelyn Moros

"Soccer ... was worth it. Even though our record wasn't the greatest, ... we all improved." - Amy Bann



"The year was really fun. ... winning a game and making special friends." - Susan Washburn

The quest for experience and expertise often takes players down some rough fields. The '94 Girls' teams worked the fields hard and learned some valuable lessons. The squads had to contend with a few vacancies due to "non-returners" and the inevitable injuries that the sport can cause.

During pre-season practices, the players trained to play more than one position. This helped to keep them competitive during the season. Both teams worked to master the game's finer points and to have fun on and off the field.

The Varsity Girls went international during the season with the "recruitment" of an exchange student from Sweden - Helene Karlberg. Helene had one advantage the other players did not have. She could switch to her native language when she wanted to critique a referee's call. While she didn't do that too often, it livened up the team's spirits during some intense games.

Both teams ended the season with good memories and hopes for the future. One memory they will share is of goal keeper Lindsay Westmorland's super effort in stopping a Brooke Point penalty kick. - Tommi Woodson



Varsity team (l-r) - Top row: Kerri Adams, Becky Parker, Kathryn Swetje, Michelle Nichols, Hilary Hartt, Tiffany Jordan, Mercedes Ortiz, Coach Giska. Middle row: Venita Garcia, Kristy Finucan, Danielle Denault, Amy Bann, Jamie Ardiaolo, Meghan Kent, Azure Rae. Bottom row: Stephanie Rinker, Janet Caramanica, Helene Karlberg, Jen Ghisolfi, Heather Hellmuth, Meghan Crowder.





Aggressive ball control and position aid players in setting up goal scoring shots. J.V. player, Tommi Woodson concentrates on setting up her try for a goal.



Coach Giska discusses some game pointers with the team during a half time break. Talks like this often helped to change players' styles.



J.V. team (l-r) - Standing: Mandy Spilker, Jacelyn Moros, Kristin Patterson, Ana Guerra, Katy Elmore, Coach Purtell. Kneeling: Christina Boyd, Ange Liming, Tommi Woodson, Wendy Hornback, Annie Kuo. Sitting: Zurich Leiva, Susan Washburn, Eva Catedral, Crystal Reid along with Goalies: Kathy Alberts, and Christen Wheeler



Goal Keepers seem to fall into at least two categories - "Oops! and Got Ya." Kathy Alberts showed that she was a "got ya" type as she blocks a goal attempt. Above, Becky Parker gets into stride for a long shot.





Normally a no-no in soccer, goalies like Chris Chudacek can use their hands to good use in blocking an opponent's goal shot.



Center: Relief goalie, Leo Valle keeps his hands warm while checking the game from the sidelines. Bottom: Matt Boyd breaks for open field space to move the ball down field.



J.V. team (l-r) - Top row: Chris Chudacek, Ray Preston, Chris Davis, Eric Martinez, Isaac Kamara, Melvin Parada, Joe Gipson, Ryan Skocz, Coach Shaun Kearney. Bottom row: Geoff Darrah, Carlos Centeno, Kevin Chronister, Cameron Linegar, Donald Warren, Robert Thayer, Eli Keyes.



Off and Kicking



In polite society stealing is definitely frowned on. In soccer, however, it's a necessity. After a smart steal, Geoff Darrah moves the ball quickly towards the Panther goal.

In a nation where "hands on" training and work are virtues, soccer can cause some difficulties. Since only the goalie and those tossing the ball into play get to use their hands; feet, knees, chest, and head become the tools of choice, by default, for those involved. The phrase "heads up" takes on a completely different meaning for new and returning players as they practice to use their heads to think their way out of a tight situation and at the same time to use them to propel the ball up and down field.

Players, like "Jumpin Jack" McGovern, and Chris Franklin were often seen using their feet in a "sportsman" like manner to deprive their opponents of control of the ball. They also were not bashful about using a chest or knee to underscore their determination to win.

While winning records escaped the teams this year, they did earn the respect of their opponents and fans for their play to win spirit and style. The fans also enjoyed watching the "composure" of goalies, like Leo Valle, as they set to defend against goal attempts and penalty kicks. - Tommi Woodson

"Kicking...is a whole lot of fun." - Matt Boyd



"You can get beat at soccer, but you can't beat soccer." - Geoff Darrah

"The team has really turned around. I expect us to be better next year." - David St. Jean



"We worked very hard in practice this season to play hard in our games." - Mike Costa

"I gained a lot of experience, had fun, and met a lot of great people." - Chris Chudacek



Varsity team (l-r) - Top row: Coach Bill Delany, Jack McGovern, Matt Boyd, Dave Caramanica, Dave St. Jean, Scott Gordan, Jason Wynn, Chris Franklin, Mike Costa, Tim Kaschak. Bottom row: Robert Guerra, Kenric Russel, Carlos Cabanas, Brian Letendre, Leo Valle, Ian Goodman, and Abdul!





Varsity Softball team (l-r) - Back row: Meghan Kent, Becky Dowell, Scarlett Meyer, Karen Andreno, Karen Dennison, Courtney Benton, Coach Sharon Gregory. Middle row: Angie Griffith, Melissa Fisher, Mindy Bushey, Cindy Barret, Joyce Brewer. Front row: Chrissy Yesko, Arlyn Flecker. Not shown: Anquetta Blount.



Trying to avoid a tag, Chrissy Yesko went in low and fast for another base.

Protecting home plate in true "catcher fashion," Karen Andreno seemed to be savoring the tag she was about to make.



Every good pitcher has a distinctive windup. Joyce Brewer's was not an easy one to copy. Check out the determination on her face, and guess what the batter was thinking!

Strategy plays a big part in every game. Chrissy Yesko didn't mind letting the opposition know what her intentions were. Chrissy was an excellent player and team leader. She was voted MVP at the end of the season.



Softball

Working Together!

There is nothing "soft" about playing softball, as the players and fans saw during the '94 season. Hard hitting, fast pitching, strong field work were team goals during the season. Working together, the team was able to realize them and along the way they earned a good deal of respect for their determination to win.

With five returning senior players to work with,

Coach Gregory worked on flushing out the team with some quality "underclasswomen." Additionally, more emphasis was placed on developing the delivery skills of the team's only pitcher Joyce Brewer. She did a great job.

The team's defensive skills improved greatly over last season. During a number of games; like the one with Stonewall where the score went to bottom of the

seventh inning with a tied score, the defensive effort was what kept the team competitive. The team's offensive strenght, hitting, helped on a number of occasions to turn games scores in its favor.

By season's end, the players had become a well drilled team, whose only "softness" was in the smile they flashed when talking about next year. - Mindy Bushey

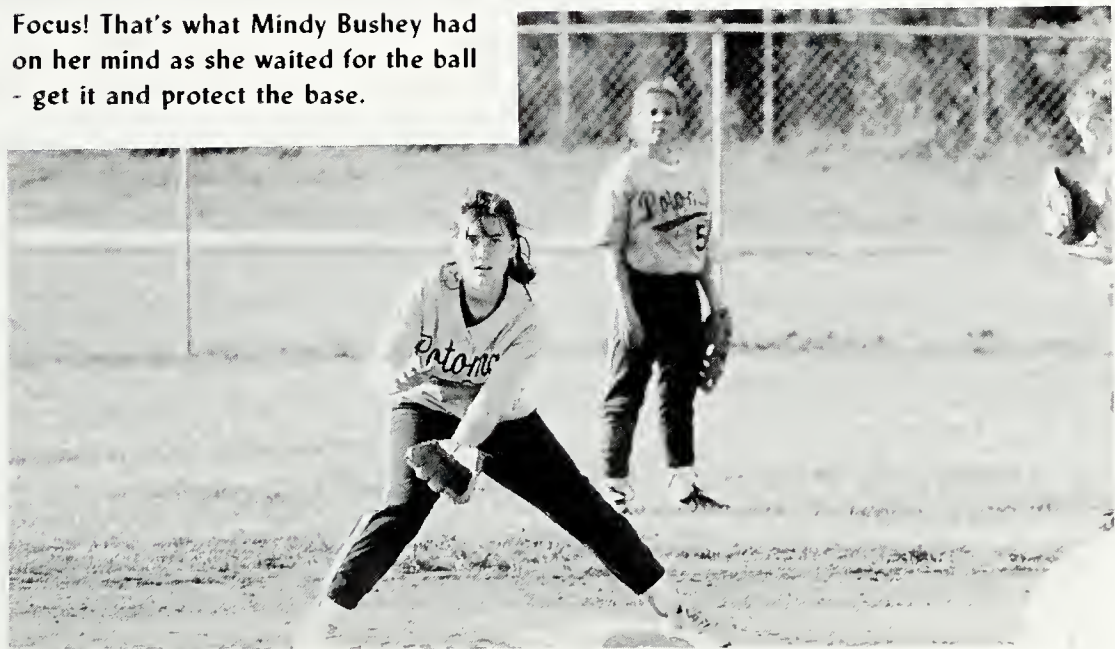


"Have confidence in yourself ... you can get the job done."- Courtney Benton

Who says "13" is an unlucky number! Check out how Number 13 beat the defensive player to the bag. Panther speed and determination frequently gave the team the edge they needed in their games.



Focus! That's what Mindy Bushey had on her mind as she waited for the ball - get it and protect the base.



Junior Varsity Softball

"Character Shinning Through"

Character - as defined by a generic dictionary - a funny person or person of substance. The word can be used correctly, either meaning, to describe the '94 JV Softball players. With limited or no experince, they came together to build a team that could laugh

with each other and hang tough when up agaist more seasoned teams.

Demaris Torres and Pam Austin, the only returning players, assisted Coach Comer in preparing the team for the challenges they met during the season. The players learned fast and gelled fast. By the season's end,

the team's character shone brightly enough for others to see.

"I think everyone played well together, we got along ...toward the end the feeling of teamwork and togetherness prevailed," said Christy Stoneman.

- Sandy Asbury



Despite having just finished a gruelling game, Tiffany Goodwin's character shone through with a great smile.

"Always look to the positive side, not the negative. Believe in yourself...try your hardest..." - Sandy Asbury



JV Softball Team (l-r): Back row-Coach's Assistant Alex Ortiz, Kim Smith, Lisa Wetherell, Demaris Torres, Wendy Worthington, Simmona Ferrell, Coach Irv Comer. Middle row-Pan Austin, Sandy Asbury, Christy Stoneman, Tasha Murphy, Tiffany Goodwin. Front row-Kelley Underwood, Genell Waters, Helen Miller.





Concentration and follow through are the trade marks of a good hitter. Kim Smith demonstrated both in her turn at bat.

Not all games are won on the field. Sometimes a coach's encouragement is needed to break the ice. Whatever it was, the team seems to be taking Coach Comer's comments to heart.

"Even though our softball team had a difficult season, we still had fun trying." - Kelley Underwood

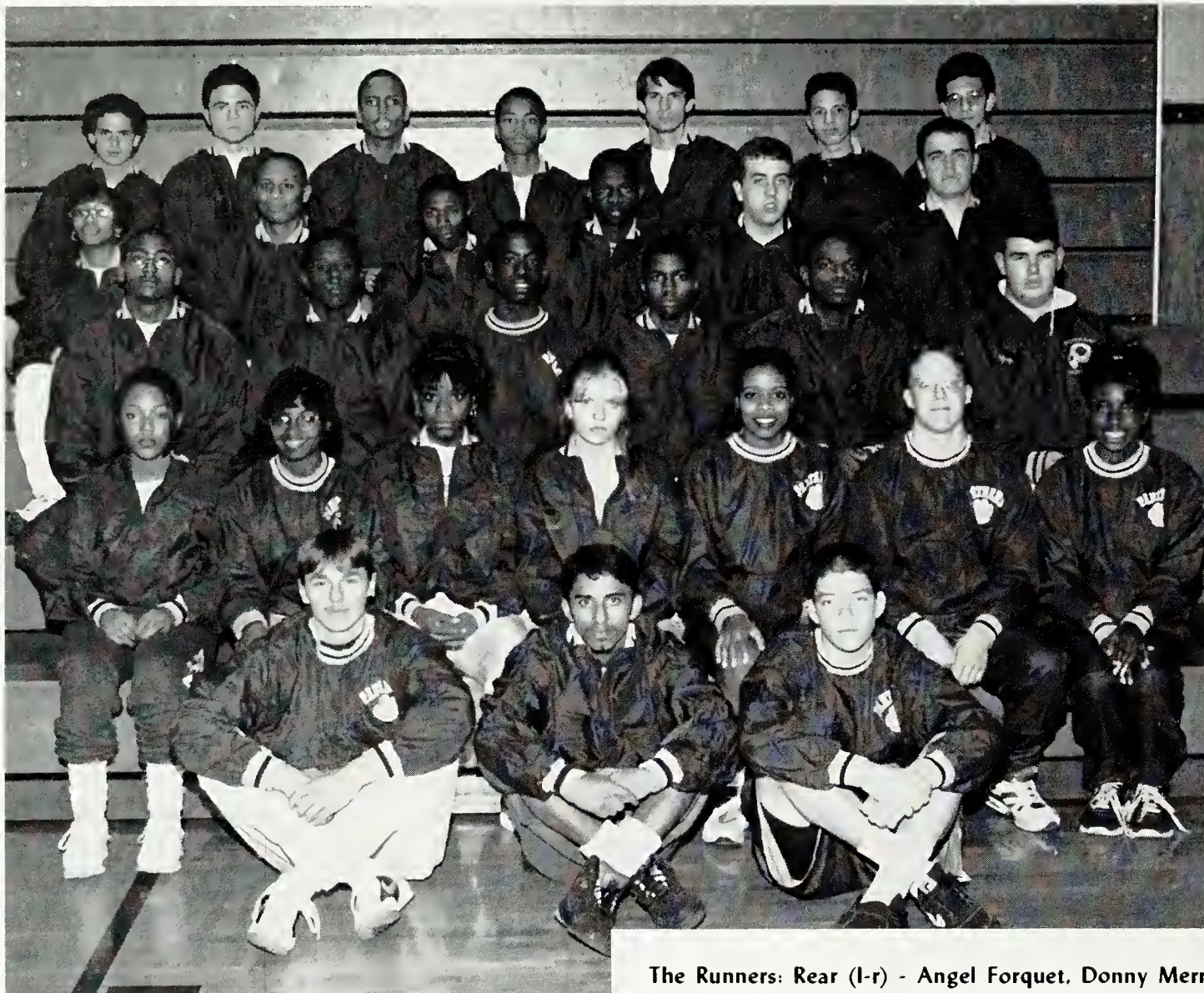


Not everything in sports will bring on a smile. "Good sportsmanship can be difficult," thinks Sandy Asbury as she reviews the just ended game in her mind.



Indoor Track

Running on Faith



Indoor Track? These runners know the score - warm up before the heat not during.

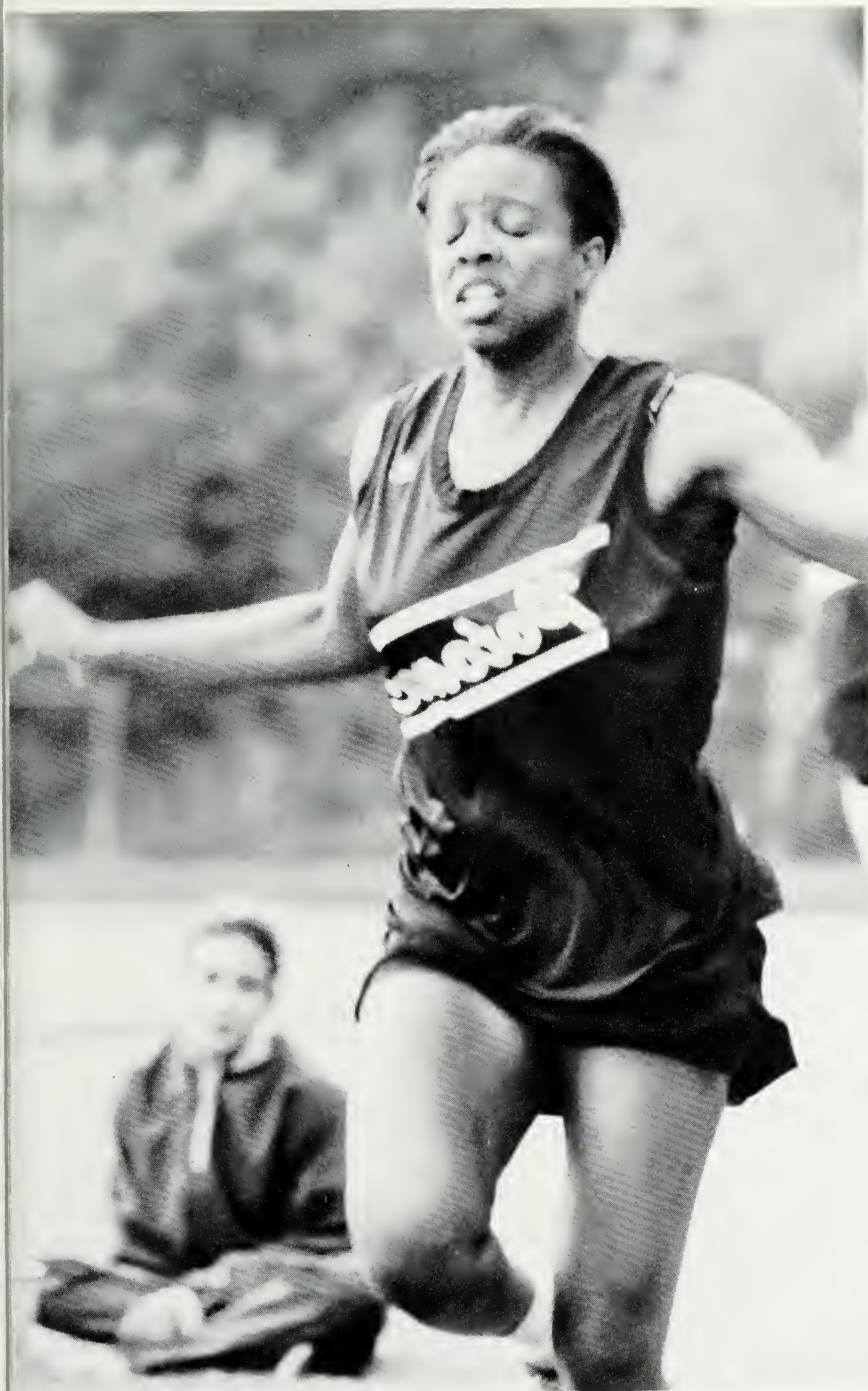
Tyrone Jackson and a teammate try going airborne to bust the race open.

The Runners: Rear (l-r) - Angel Forquet, Donny Merrix, James Banks, Jerard Permitter, Michael Koontz, David Agresto. 4th row - Stanley James, Mark Stephens, Ismael Khamar, Kevin Yohey, Nathan Humsanker. 3rd row - Andrew Chapman, Rickey Parker, Jamar Swanson, Tryone Jackson, Billy James, Greg Paugh. 2nd row - Tasheka Waddler, Themba Jones, Cherlyn Swanson, Becky Landers, Shameeka Soares, Duffy Geer, Moira John-Williams. Front - Brian Tirch, William Amhad, Michael Soloman.

Indoor track is somewhat of a misnamed sport at Potomac, unless you count some of the practices held in the hallways after school. It really should be called Winter Track. Some of the meets entered by the team were not held in warmed locations. Runners often had to deal with time slowing factors such as cold; and we mean real cold air, wind, and questionable running surfaces to stay competitive.

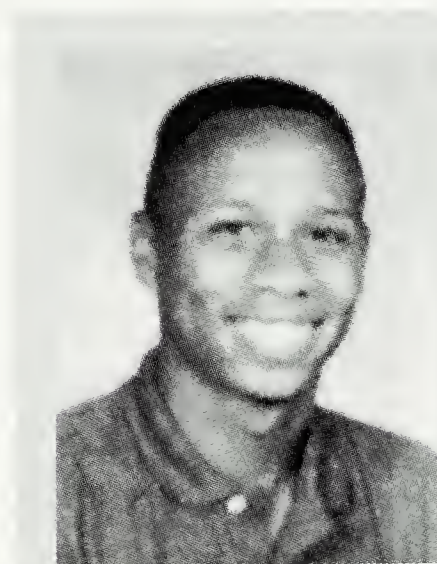
There is an adage that states "faith can move mountains." When applied to our runners, it was their faith in themselves, teammates, and coaches that kept them putting one foot after the other down a course, no matter what the conditions were. It was a faith that enabled four runners to qualify for regional competition before the season's midway. It was a belief in themselves and their school that contributed to the team's second place finish in district competitions and helped the girl's 4x200 relay team, along with Scott Calhoun in the 55 meter hurdles, and Timba Jones in the 300 meter to qualify for state level meets. - Brian Tirch





Shameeka Soares put in that extra bit of effort to win a hard fought heat.

Cherlyn Swanson earned herself a slight edge in her race with a super start.



***"I live to run.
Someday, I
hope to run in
the Olympics."
- Stanley James***



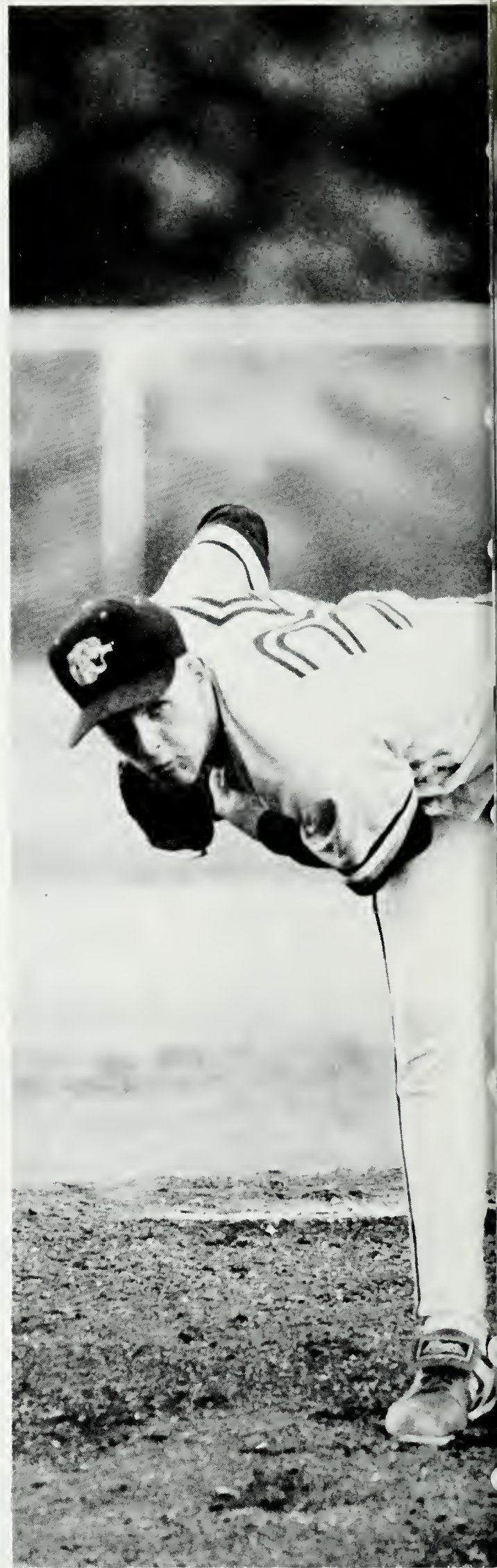
Braced by a teammate, Scott Calhoun (center) poised himself for the 55 meter hurdle event.



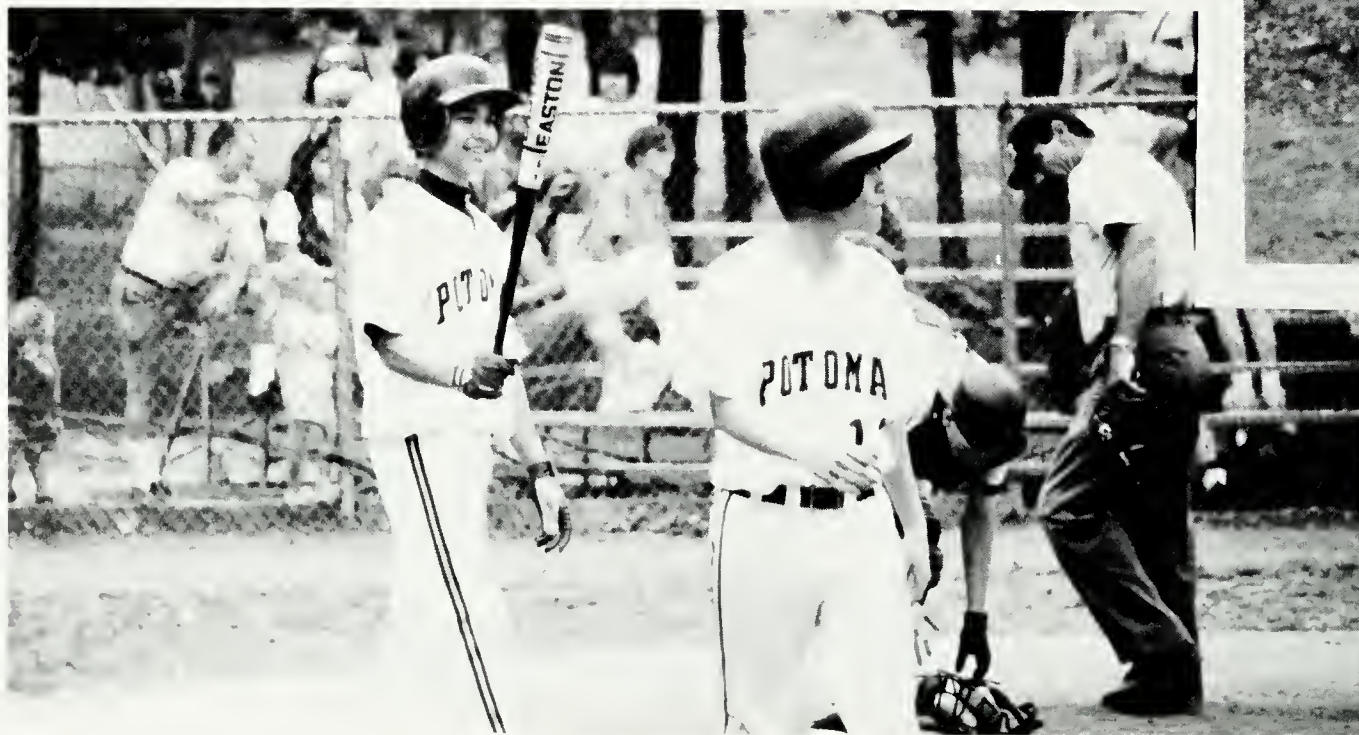


Varsity - Top Row (l-r): Mike Covington, Keith King, Vic Noto, Bobby Courtage, Burt Covington, Tim Raley, David Gardziel. Middle Row: Brian Abell, Brian Tirch, Jon Wahala, Scott Vandesand, Ethan Kent, Eric Larson, Billy Deck. Bottom Row: Corey Fitzgerald, Barry Blake, Josh Keys, Joe Adriance, Mike Wolter.

Junior Varsity - Top Row (l-r): Brian Bann, Brock Harrison, Robbie Gaskins, Mike Beall, Andrew Flynn, Coach Keith King. Middle Row: Terry Johnson, Pat Honore, James Goins, David Bann, Gordon Dotson, Nick Dovel. Bottom Row: Justin Kane, B.J. Allision, Allen Boch, David Kuhns, Mike Britt.

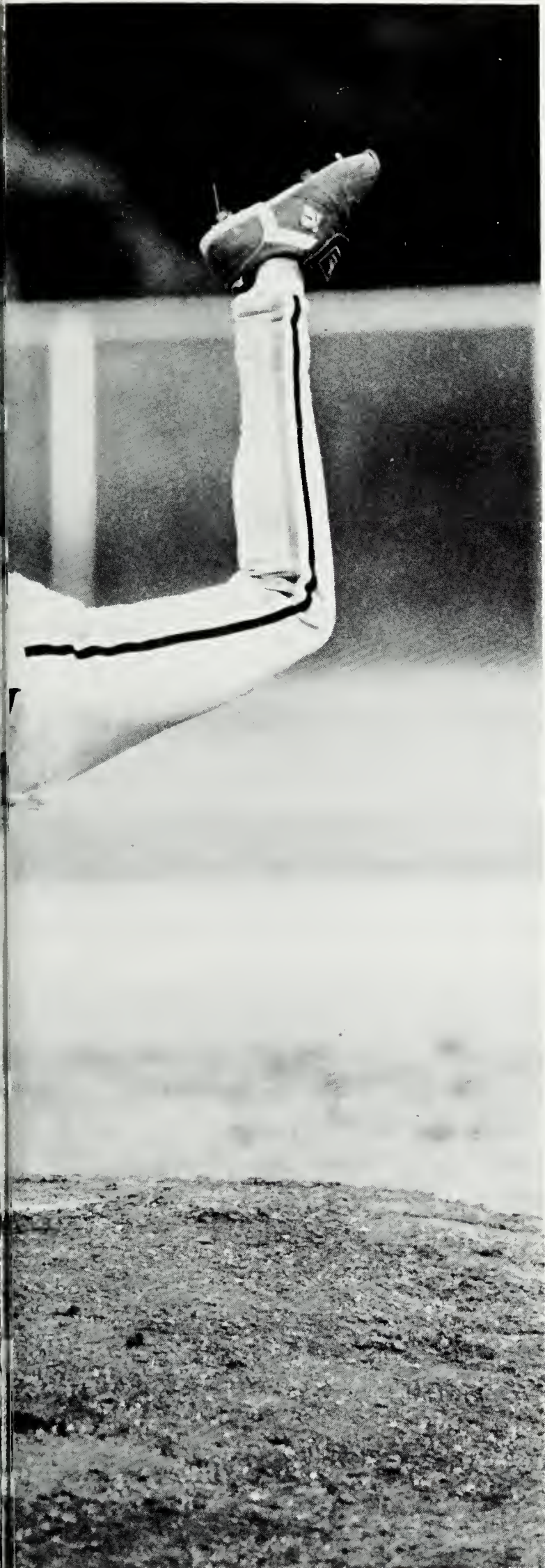


All District Pitcher Burt Covington finishes his follow through in a game against Brooke Point.



Outfielder Allen Boch steps up to the plate with a smile. While winning is important, it's also important to enjoy playing the game.





Baseball

New Faces - New Hopes

The '94 season brought nine new faces to Potomac, including former Woodbridge Head Coach Mike Covington. However, trouble started early for the Panthers. On opening day, Potomac lost to Hylton on the night that former Coach Jerry Garziel's jersey was being retired. "We started off on the wrong foot," said Coach Covington.

After their opening day loss the Panthers took off, going 9-1 in the district. The team won the regular season title but lost the district championship to Woodbridge. Woodbridge came out strong, getting seven

straight hits and scoring five runs, in the first inning. "It was a heart breaking loss and it lowered the team's moral," said first baseman Billy Deck.

The Panthers' state run was cut short in the first round by G.W. Danville in a hard played 3-2 game. "Coake, a pitcher from Danville, threw a good game against us, but I'm anxious to get back on the field against him and turn the tables around," said Burt Covington. The Panthers will return with a lot of experience in '95, and hope to earn another chance at a state title. - Sandy Asbury and Brian Tirch.



First Baseman Billy Deck warms up before a game. A proper warmup helps players perform better during a game.



Shortstop Vic Noto turns a double play on Brooke Point.



Catcher Scott Vandesand wisely tagged up on a fly ball to center field. A follow up hit brought him safely to home plate.



Swimming

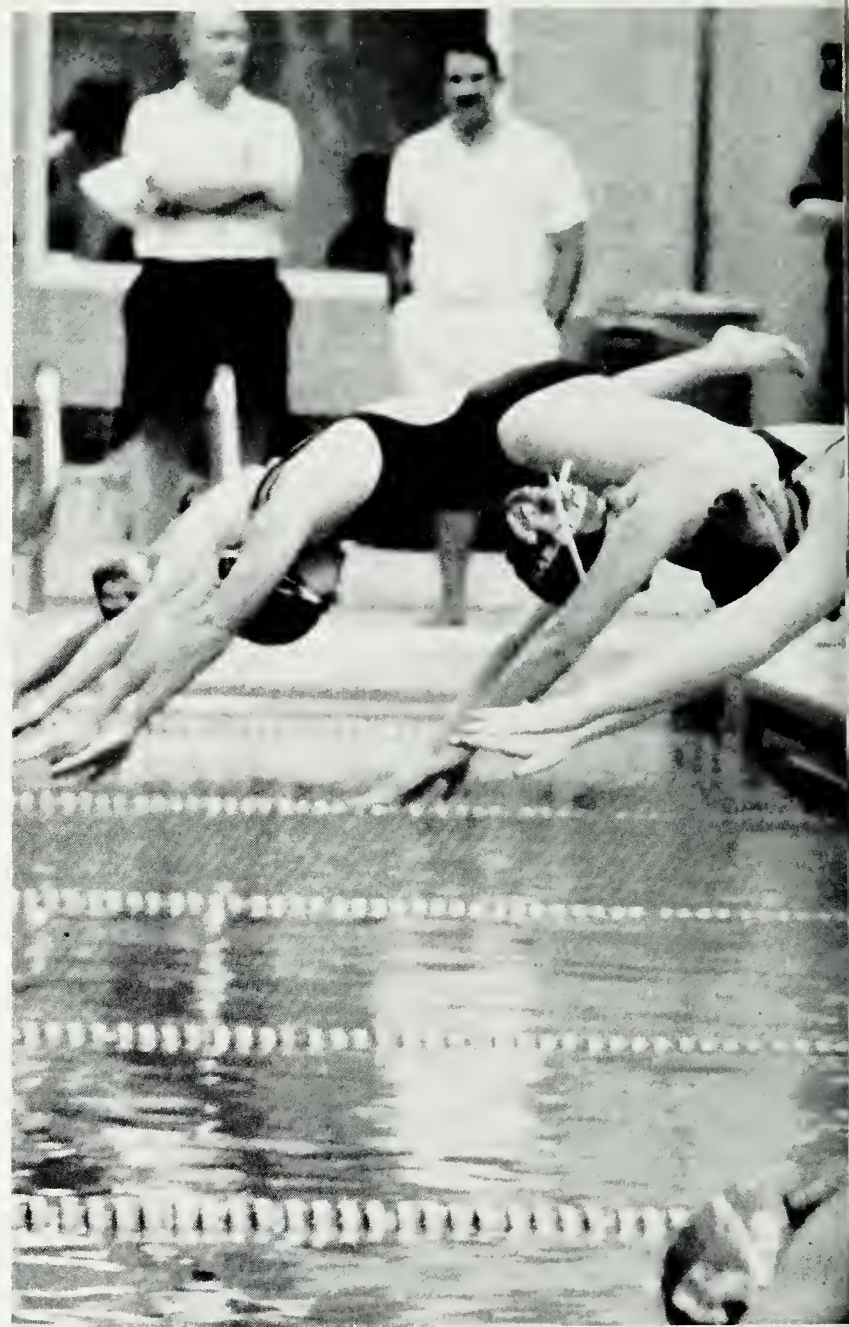
It Can Be Hot In The Water!

When short on experience and people, a GIANT complex helps keep a team competitive. That is exactly what Potomac's swimmers showed during the season. The team consisted of freshmen, new, and a few experienced swimmers who worked hard to make their giant desire to win a reality.

Coached by a mother/daughter team (Mary Ann McGovern and Maureen McGovern), the swimmers began to think of the Dale City Recreation Center as their home away from home. Its pool was warmed by their practices. The coaches encouraged them to push past the impact of chlorine eyes, tired muscles, and the clock

to improve their skills. Their kicks, strokes, dives and turns improved "...every week..." said Mrs. McGovern.

The team's complex was one of deeds not words. It was an effort to win even when "... you race four or five events a night against competitors who only had to swim one event." said Chris Thomas.



McGovern (the other coach's daughter).

Back (l-r): Elizabeth Trawinski, Jessica Wanger, Jenny Stewart, Ashley Modell, Jennifer Henderson, Stephanie Dillard, Amber Stewart, Katie Rathbone. Front (l-r): Tony O'Brien, Jason Heatwole, Jeremy Rakes, Ben Finelson, Chris Thomas, Gordon Dodson, Steve Starkey, Coach McGovern. Not pictured: Allyssa Eland, Steve Osborn, Michael Simonson, and Coach

"You would to with all this ...chlorine!" - Jason Heatwole



Jason Heatwole got the good news first - your swimming, then the bad news - back to back events.

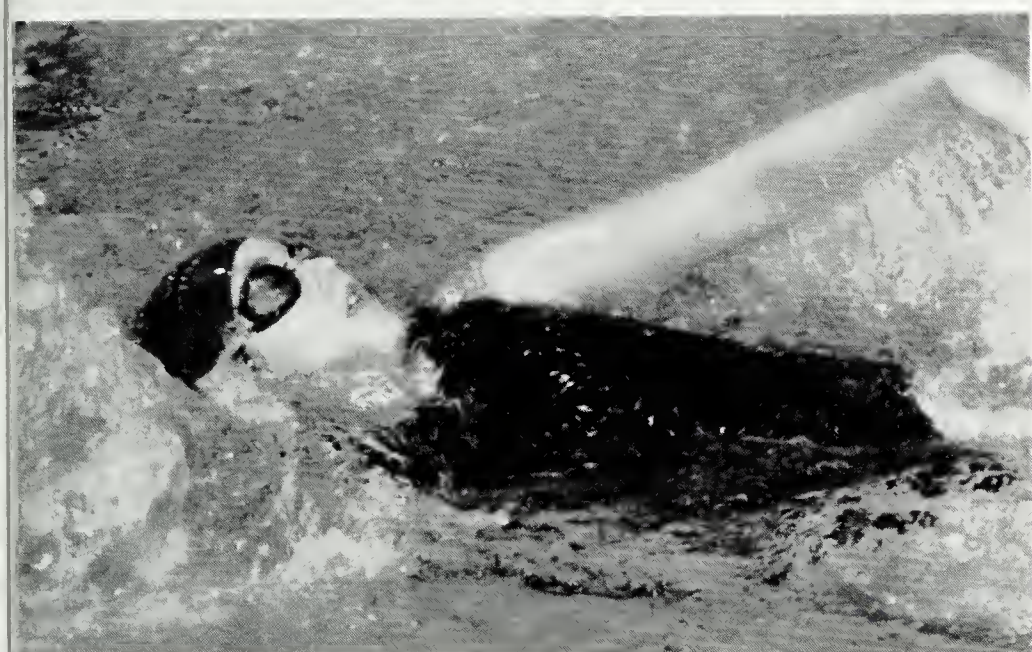
The butterfly stroke makes great demands on the swimmer. Looks like Jeremy Rakes met all of them.





Swimmers use dives to gain an edge. Jennifer Stewart (2) and Ashley Modell (4) got theirs.

If you want some spring in your dive you have to do what you have to do, like Jessica Wanger did.



Being on your back is not always restfull. Stephanie Dillard learned this quickly doing the backstroke.

Long distance races took a lot out of swimmers. However, Ben Finelsen does not seem to mind because he had a lot to give.

Since man needs air to survive, swimmers like Tony O'Brien have to come up, every so often, for it during their breaststroke races.

"Every week...times got better." Coach Mary Ann McGovern



Volleyball

Dedication begins in August

Volleyball isn't an easy sport to play. It takes many months of hard practice to become a good player. Learning how to bump is the first step in this long process. Once you've learned to bump, you next learn how to get it to the setter. The last step is learning to spike and drive the ball over the net. These three hits are vital to winning a game. It may sound simple, but if you ask an-

yone on the team they'll say it takes many long hours of practice to perfect each hit.

The Freshman Volleyball team was coached by Mr. Chris Cadis. He has coached the team for ten years. Cadis worked with the freshmen from the middle of August until late October to help them build a game foundation for competition and moving up to the J.V. team during their Sophomore year.

Although the J.V. team had some problems this year, they worked hard all season to overcome them. Even though they didn't win any games they still tried their hardest. When the score was 0-10, the girls never gave up.

Being on varsity team is an accomplishment and a goal most players strive to achieve during their high school experience. One young player reached that goal early.

Freshman Jessica Vasquez got "bumped" to varsity level play due to her skill and "Rambo" court sense. To reach the top of the ladder, players must be willing to put up with constructive criticism. Hard work and dedication are a few of the other traits that all volleyball players must have.- Jackie Twiner and Meghan Dunn.



Varsity - Top Row (l-r): Mary Edington, Niesha Speights, Jessica Vasquez, Joyce Brewer, and Coach Sharon Gregory. Middle Row: Cara Mayberry, Janet Caramanica, Channa Jackson, Ann Thayer. Bottom Row: Anquetta Blount, Eda Catedral, Cherri DeSliva.



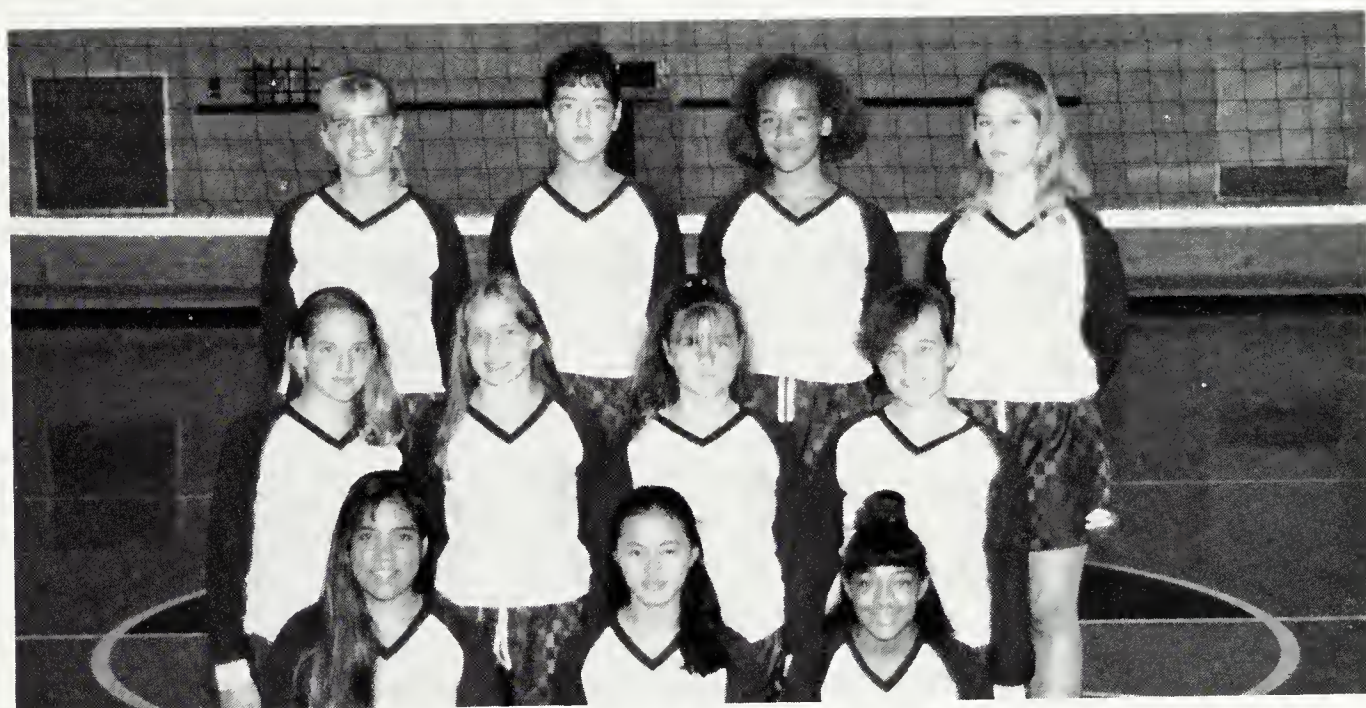
Court talk helps to bring spirits up or keep them there. Niesha Speights passes an "atta girl" to Channa Jackson for her super return.

Players like Niesha Speights are fun to watch as they "concentrate." Her "bump" face and stance were a dead give away as to what was on her mind.

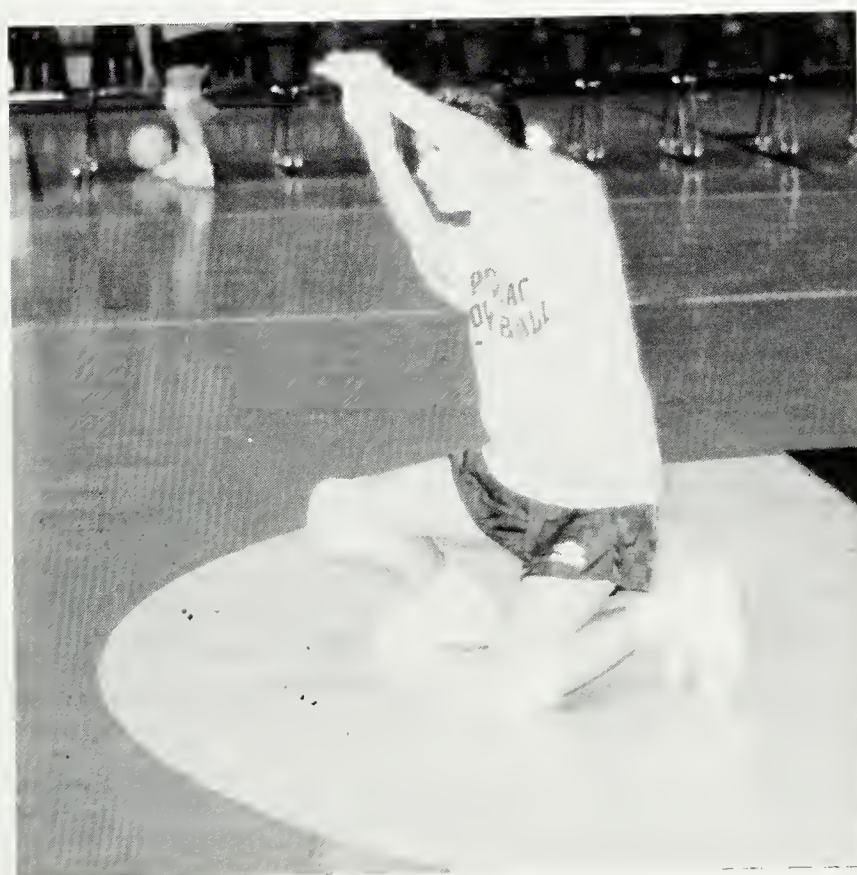




Junior Varsity - Top Row (l-r): Trish Parr, Tiffany Goodwin, Kati Sweeny, Kirsten Duclose. **Middle Row:** Eunjee Sablan, Mary Petrovitch, Crystal Reid, Barbara Hashida. **Front Row:** Anita Allder, Christy Stoneman, Meghan Dunn, Kellie Solie.



Frosh - Top Row (l-r): Theresa Williamson, Elizabeth Trayusar, Stephanie Phillips, Amber Morgan. **Middle Row:** Sara Klienample, Tina Spence, Heather Watson. **Bottom Row:** Lana Coppola, Christy Namata, Tekisha Williams.



Even though players do a lot of "digging," they do not carry shovels during practice or games! Meghan Dunn shows how its done during a pre-game warm up.

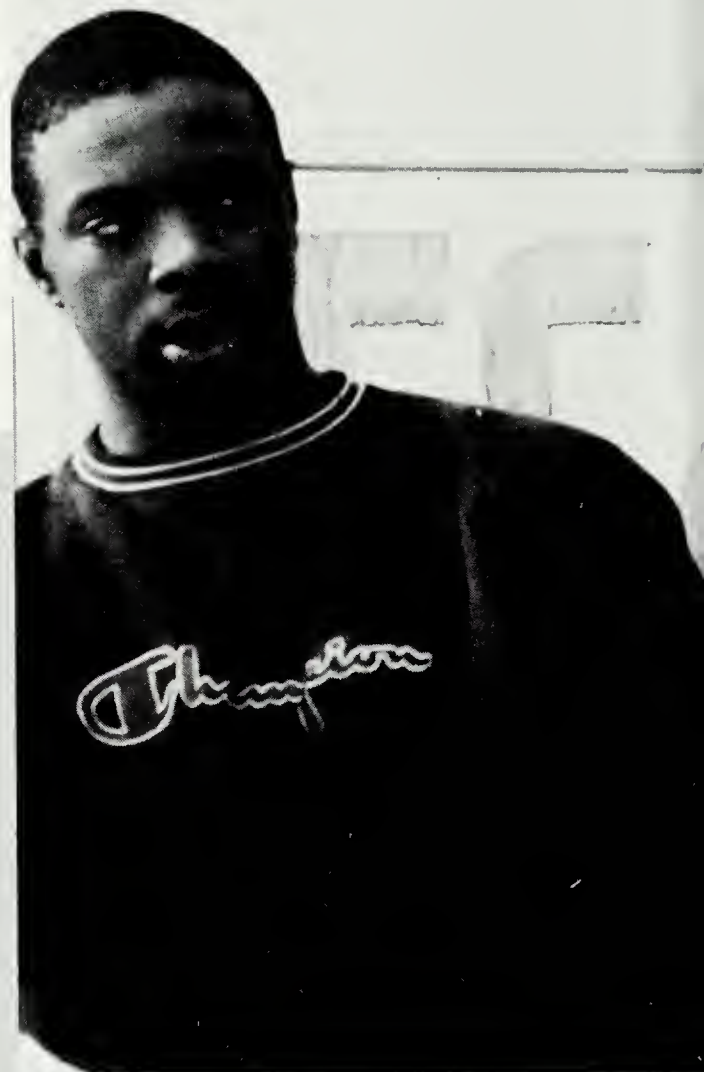
Spiking does not help to make the opposition's day. Joyce Brewer was not really concerned about that thought as she drove the ball back. She was concerned about making a "point."

"Throughout the season, the girls on all three teams worked exceptionally hard to reach their goal. They did an outstanding job. They made Potomac proud." - The Coaches



Clubs

The Science Club's fair provided many Panthers with an opportunity to show the results of their scientific inquiries. Brandy Ransom's drew a lot of attention.



Jr. Civilians, like Tommy McGrath, helped to collect a large amount of canned goods to support a nearby homeless shelter.



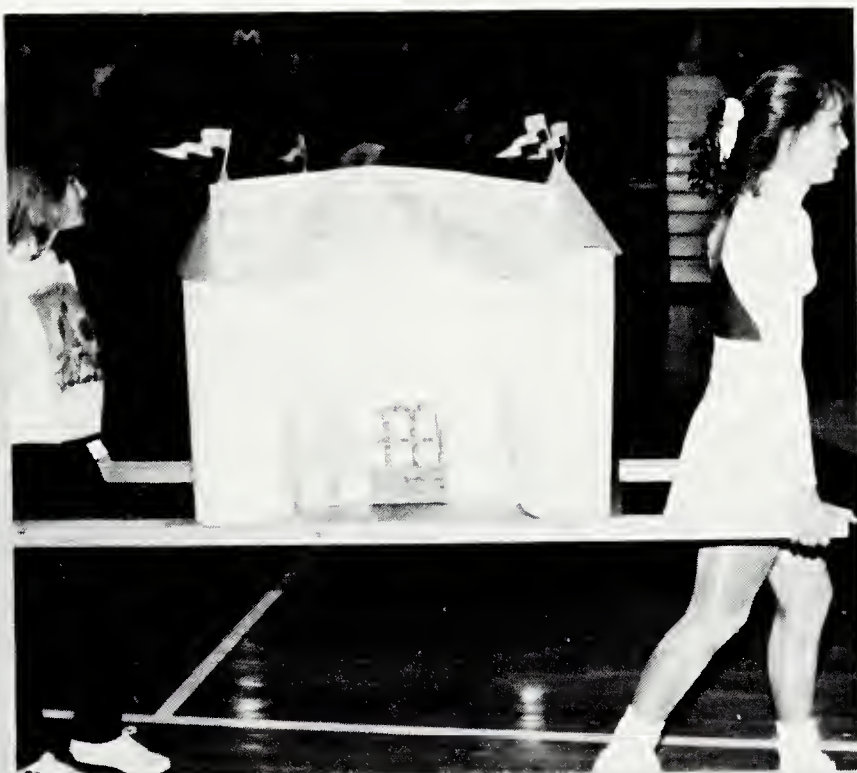
The Multicultural Club's float - Hands Across The World - won first place during the Winter Fest's float competition





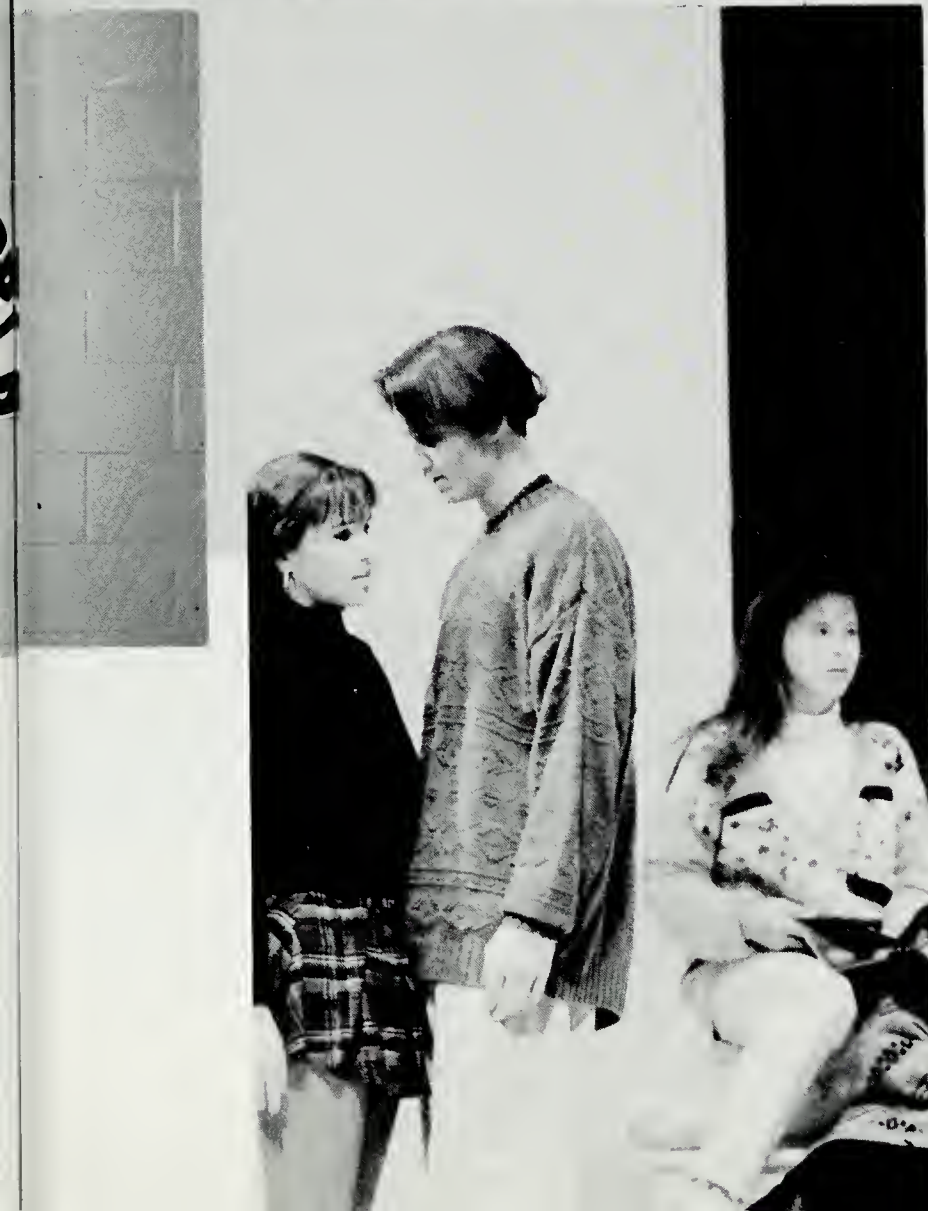
O.J. Webb and Jerome Warren were in the middle of a DECA marketing discussion when photo'ed.

VICA members made this movie theater float as part of their Homecoming '95 activities. Looks "kinda" real!



The German Club made this mini-float to support the Winter Fest mini-parade during a home basketball half time.

The Drama Club presented "Making It" during the 1st Semester, with Cara Mayberry and Thomas Kurylo in key roles.





Every Friday, members of the Black History Club, like Karin Akins, highlight the contributions of a prominent or not so prominent African American during morning announcements.

AFRICAN PROVERBS

- Two small antelopes can beat a big one
- By trying often, the Monkey learns to jump from the tree
- Knowledge is better than riches
- What one hopes is always better than what one has
- A cow does not know the value of its tail until it is cut off
- One head cannot hold all wisdom
- No matter how long the night, the day is sure to come
- Where one thing stands, something else always stands beside it
- It takes a whole village to raise a child



The Black History Club encourages its members to continue their education and periodically visits college fairs. Vonetta Chapman and other members check out the opportunities available to them.



"I will be more noble in representing and talking about my culture." - Nicole Garrett



The harvest basket filled with the fruits of the earth plays a central role in the the Kwanza Celebration.

*"This will give me a better understanding of my people."
- Ini Bassey*



BHC members wear traditional clothing and colors as a reminder of their "roots" at a ceremony promoting the contributions of African-Americans.



The Black History Club

Knowledge is Power

They are stories of defeat and triumph. They contain drama and suspense. They are stories of enlightenment to everyone who hears them. Unfortunately, these stories are rarely told. That's why the Black History Club makes it its purpose to educate anyone who would like to hear the history of African-Americans. The Black History Club provides information often overlooked in the history books. The Black History Club is for anyone who would like to know about the different aspects of black history. For some people the club is to help them learn more about their heritage. The Black History Club also has members who want to make his-

tory by enlightening people and helping them. Just as there are those throughout history who helped the African American; there are those who continue to believe in and support this club and its purpose.

The Black History Club provides a knowledge of the history, culture, and contributions of African-Americans in the U.S. and around the world. The organization provides activities to help promote an understanding of the historical aspects as well as the present day political, and social life of Black Americans.

Club members are actively involved in the community service work, such as donating food to the homeless and giving gifts to needy

families during the holidays. The club makes itself known by announcing itself. The Kwanza celebration ceremony and the fashion shows are only a few examples of fun and educational events that are sponsored by this unique club. The club is also on the go, venturing out to colleges like Howard Univ. and Mary Washington, Baltimore Harbor, for learning and fun opportunities..

In recognition of the African kings and queens, and African-Americans who've made political, scientific, and societal contributions, the Black History Club will continue to be their voice in the school and the community.

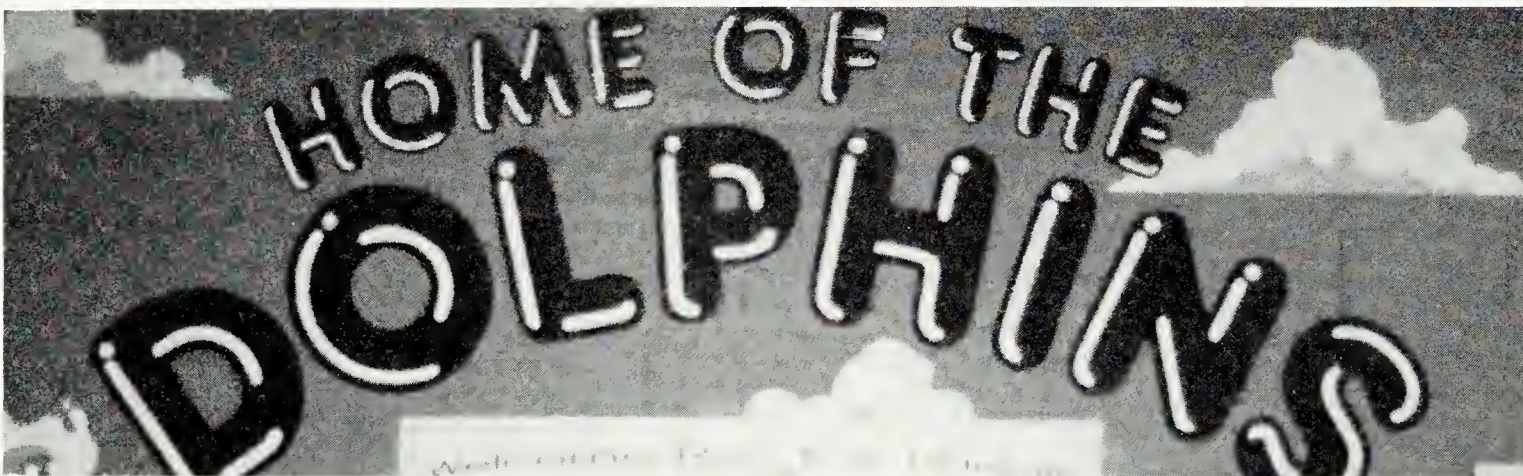


Kwanzaa is a celebration of life, harvest, and heritage, which is what Black History Club is all about. Chris Charles begins the lighting of the Kwanza candle as a reminder of the virtues they represent.



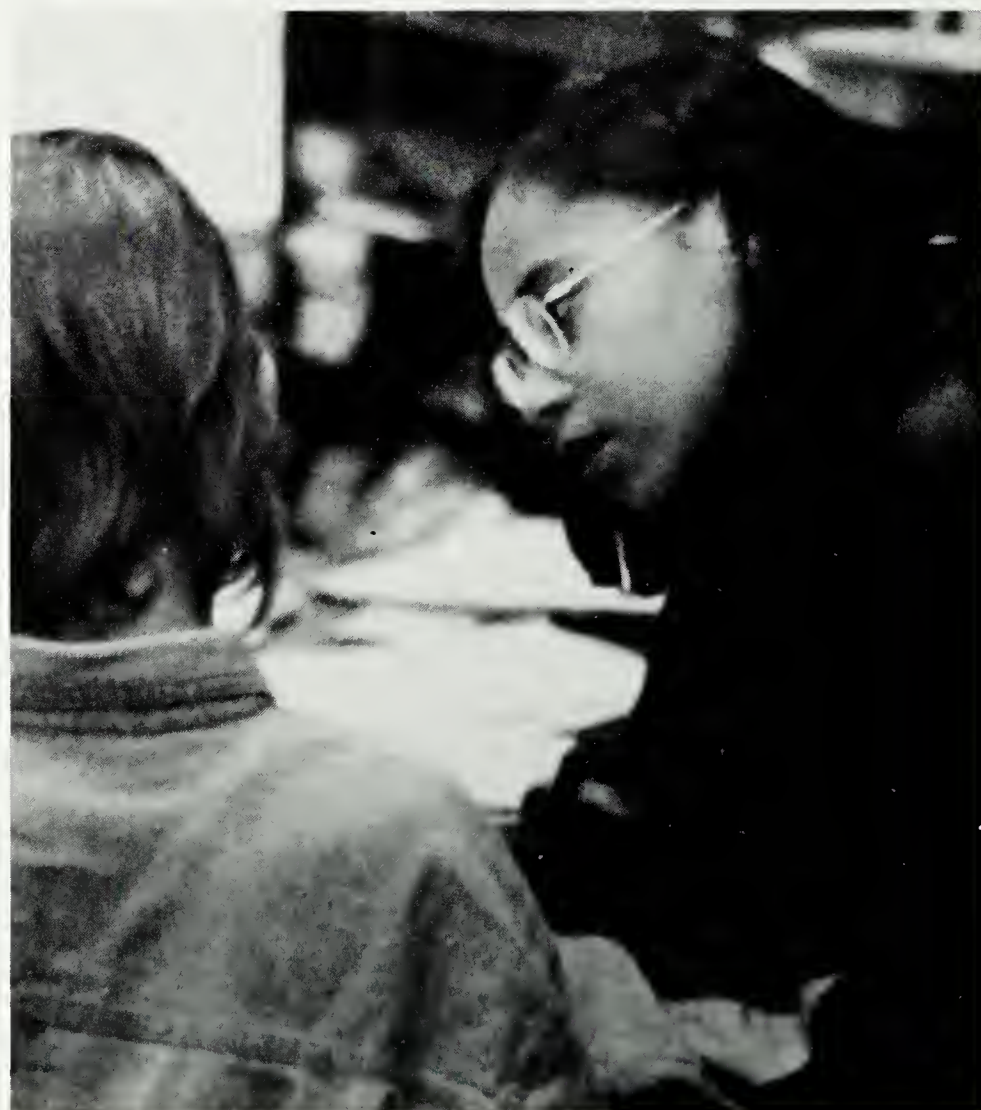
The Martin Luther King Jr. oratorical contest was one of many activities Potomac's Black History Club participated in. Karin Akins is shown presenting her interpretation of Dr. King's ideas.





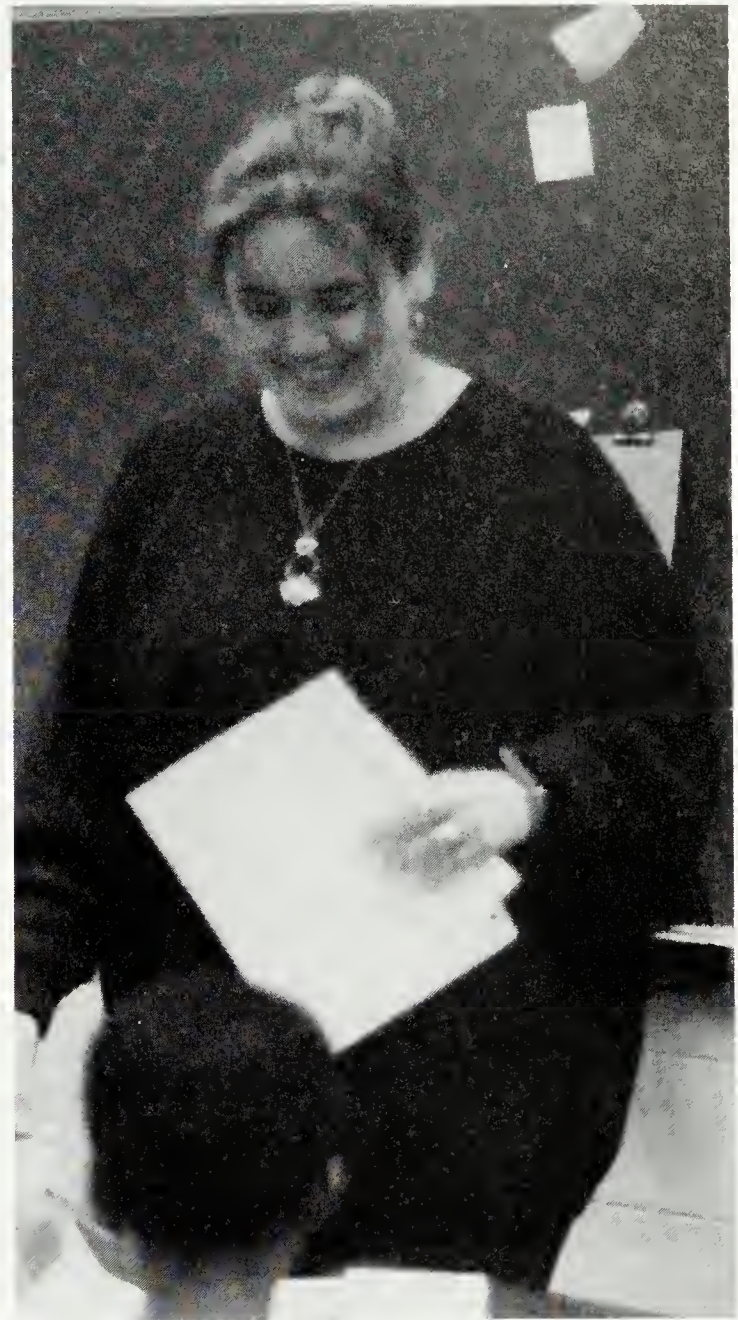
"Are we ready for our spelling quiz?"

Katie enjoys a nice relaxing snack with the future leaders of society.



Kids Are Kickin'

During a tedious day at school it's important to make time for others. One of the classes offered at school is Child Occupations. Many students enjoyed taking this class because they wanted to be like a big brother or sister. The kids looked up to them as their role models. Students taking Child Occupations took regular trips to River Oaks Elementary to spend time with the children in order to learn how to relate to today's youth. They helped the kids participate in activities. In return for working with the children, the high school students felt good about themselves and their impact on developing young minds.



"Children, please stand in line; the camera is watching."

A smile a day keeps the monster away!

"CHEESE!!"

"Are we having fun yet?"



Foreign Language Clubs

Hola! Bonjour! Salve! Gutentag! Just knowing how to say hello to someone in their own language made a difference to students in one of Potomac's Foreign Language Clubs.

Joining one of these clubs made learning the language easier and more fun. Club members learned more about the countries and the language, and also met new people and made many new friends.

German Club: Jan Eisen, Elizabeth Trawinski, Danielle Brown, Betsy Jaraback, Frau Gentry, Brooke Newey, Jessica Compton, Karin Atkins, Jeni Ruth Nix, William Aulson.

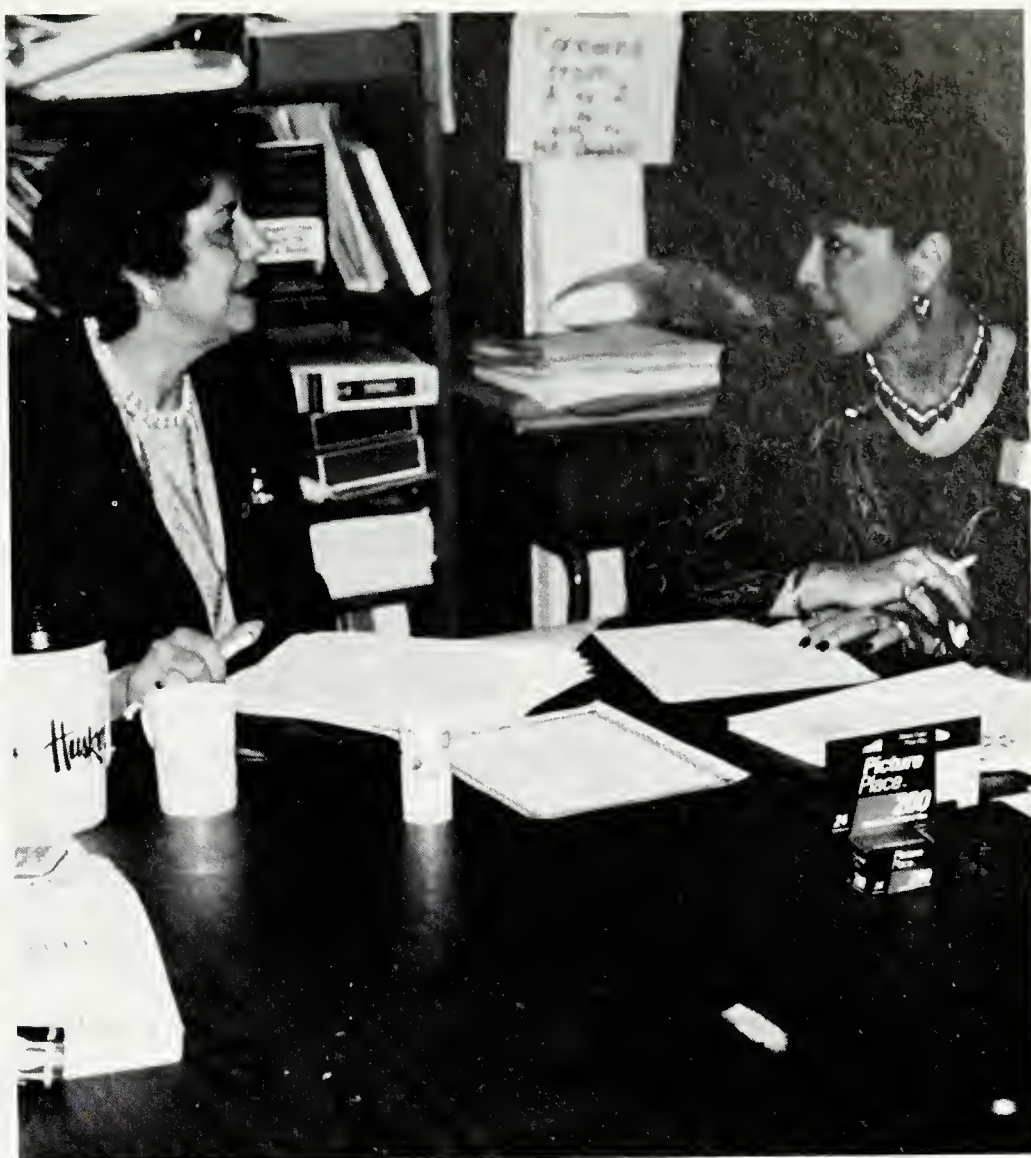


Latin Club: Back Row- Josh Carvalho, David Bann, John Wahala, Alex Ortiz, Stephanie Truax. Back Row- Meghan Crowder, Virginia Sanderson, Kristy Finucan, Amy Bann, Janet Caramanica, Diana Duvall, Wendy Hornback, Natalie Bonshire.





Spanish Club: Back Row- Mr. Blount, Chris Chudacek, Alexandra Cueves, Sheyla Allen, Roberto Cueves, Joshua Keys. Front Row- Ana Hummel, Heather Leach, Leonor Lacosta.



Mrs. Brooks and Mrs. Miller discuss the happenings of Foreign Language Week.



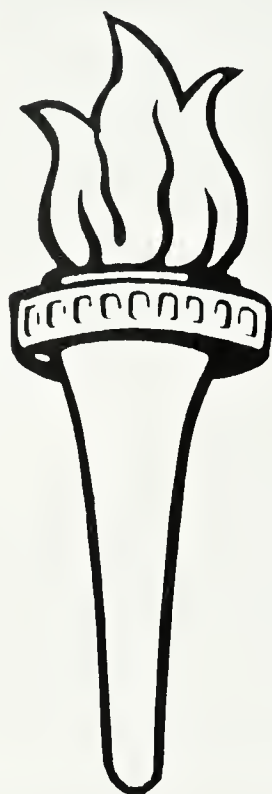
"It gave us an opportunity to learn about German culture and have fun at the same time" - Jessica Compton

French Club: Back Row- Michelle Nicholson, Ana Hummel, Denisha Price, Andrea Suzara, David Matvay. Front Row- Meghan Crowder, Katy Elmore, Kelly Underwood, Dennis Potter.



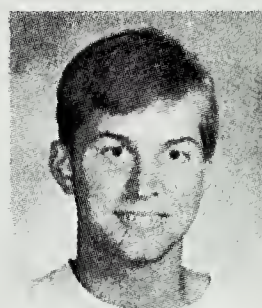
National Honor Society

The National Honor Society (NHS) provides our Panthers with an opportunity to affiliate with millions of students around the nation. All members must have earned at least a 3.5 GPA and demonstrated an ability to be leaders in the school/community. Additional requirements for membership selection include teacher recommendations that address the individual's integrity, drive, and commitment to others.



One of the difficulties run into when trying to put a story together about the NHSers is that they tend to be heavily committed to activities in and around the school, hence not available for "Larry King" type interviews. They would rather do than talk. Their "doing" includes things like tutoring peers, helping out at elementary schools, visiting nursing homes to give patients a break in their routines, and the Save a Sweet-heart pledge run.

"I believe the National Honor Society is a great organization. Its great to see individuals recognized for their efforts, but what is more important is that its members seek to assist others with academic and social concerns." - William Deck



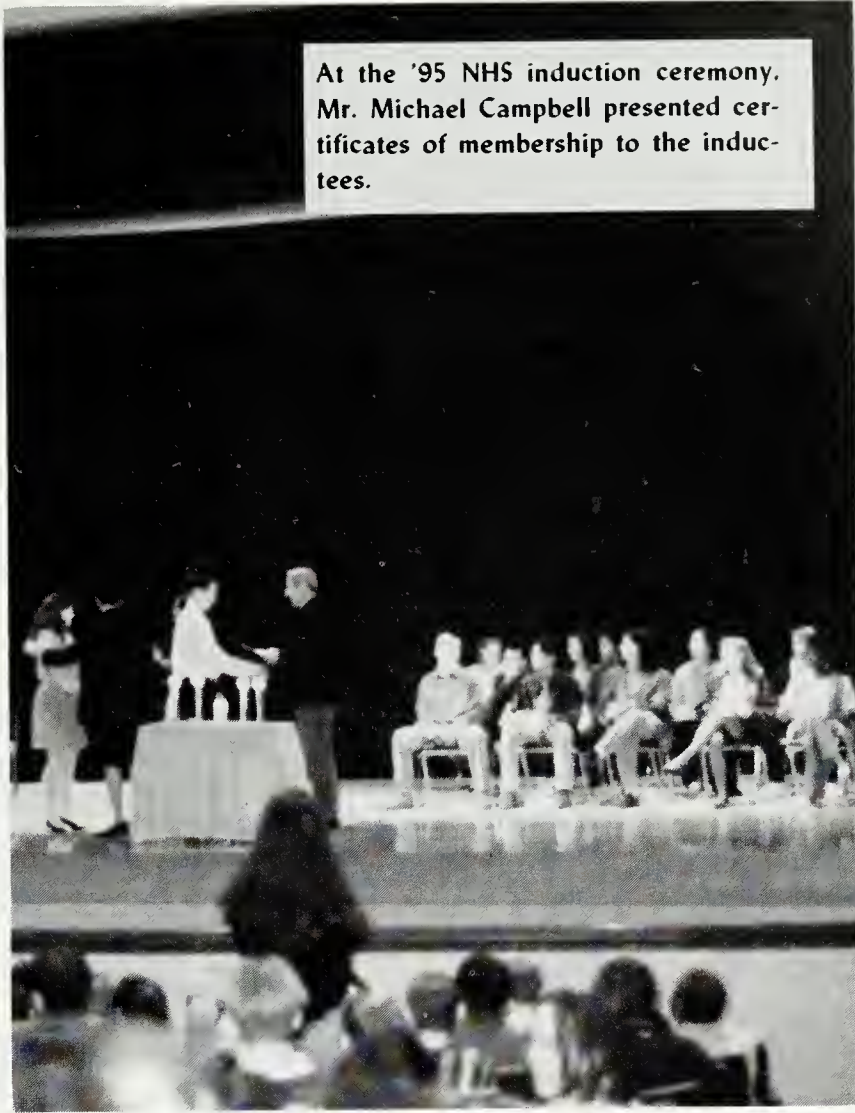
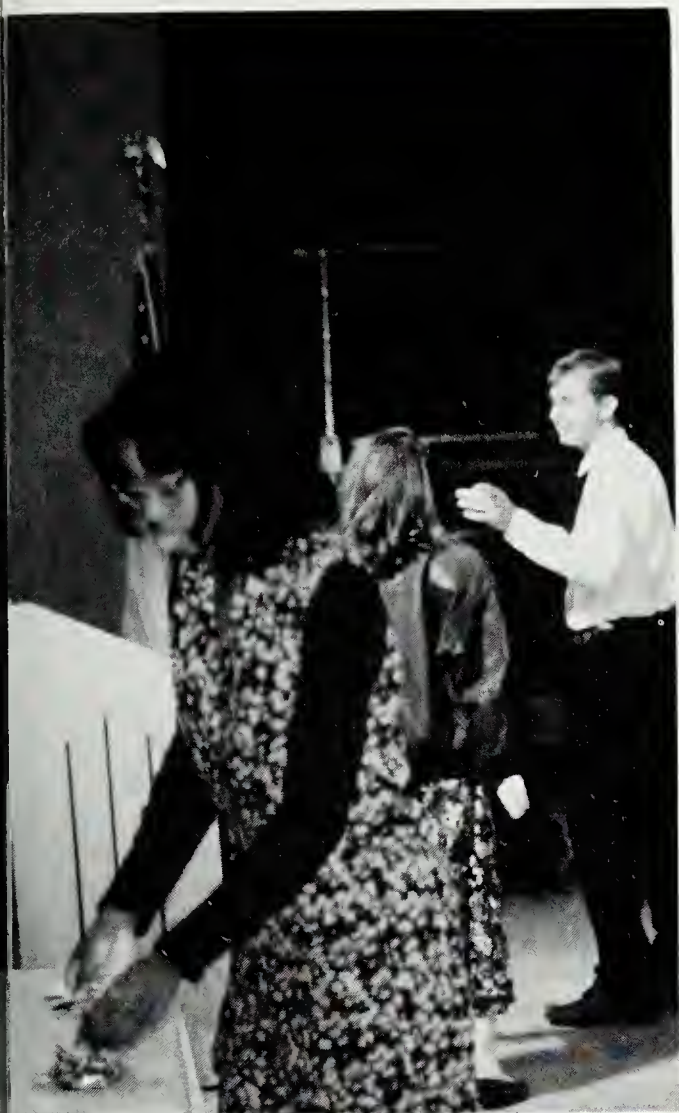
"Old" members, like George Hummel and Moria John-Williams were responsible for setting up the '95 induction ceremony.



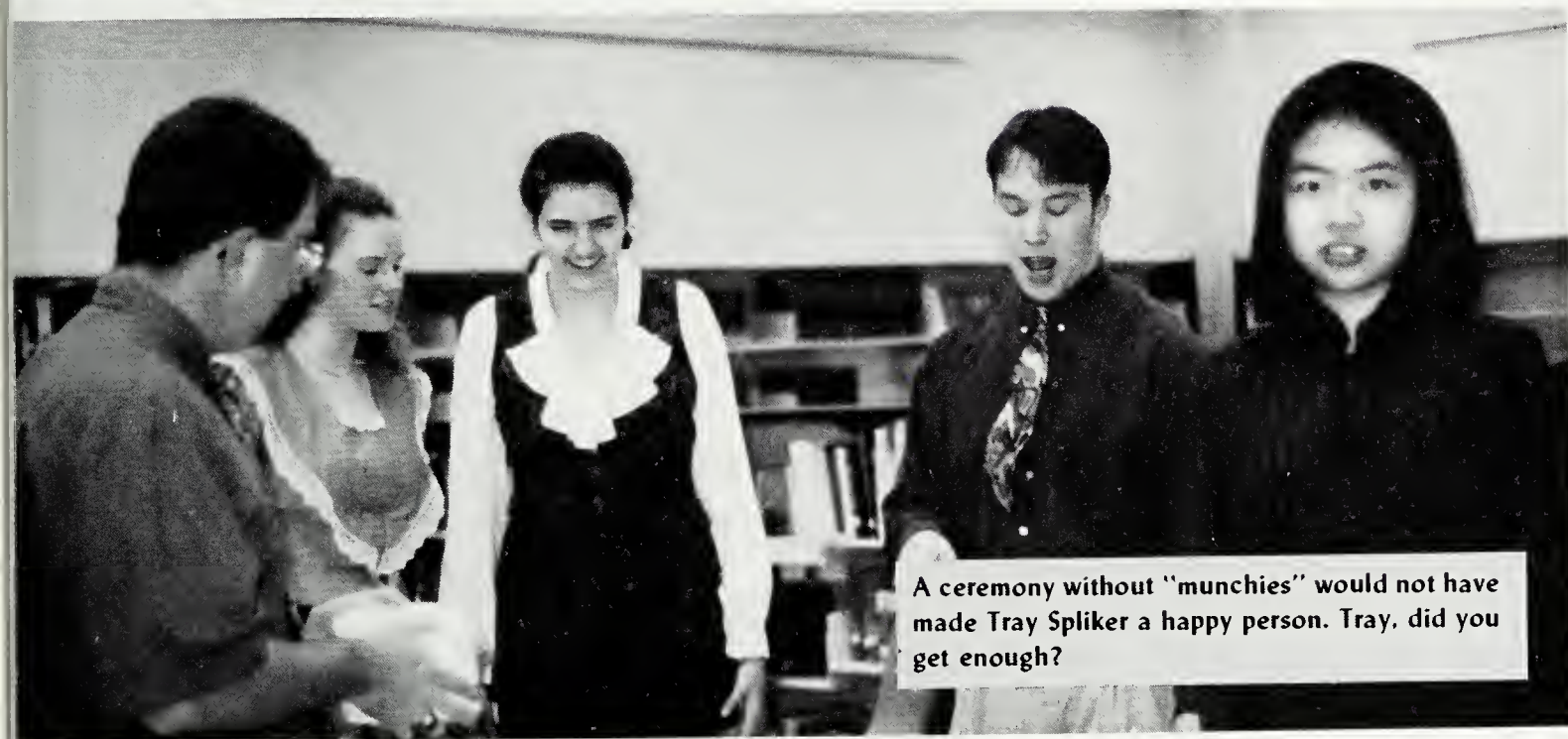
The rose has long been associated with "intelligence," academic or otherwise. Moria John-Williams holds the rose she presented to a NHS inductee to honor the student's selection for membership in this national organization.

The NHS expects its members to maintain the academic standards it has set and to continue to assist their fellow students and community, like Natalie Wong, a second year member, has done.





At the '95 NHS induction ceremony, Mr. Michael Campbell presented certificates of membership to the inductees.



A ceremony without "munchies" would not have made Tray Spliker a happy person. Tray, did you get enough?



Do not let these somber face fool you, William Deck, Ryan Jacoby, Tommy McGrath, and Brian Bann can crack a smile with the best of them.





The Juniors' officers were Angela Newsom, David Bann, An-
quenetta Blount, and Nikia Stu-
devent.



"Hey, if I had know what was really expected of me as your president I
probably would have asked for an expense account. This "crown" can
really give you a "swelled" head." - Quincy Queen

SODALITAS

ET

SAPIENTIA

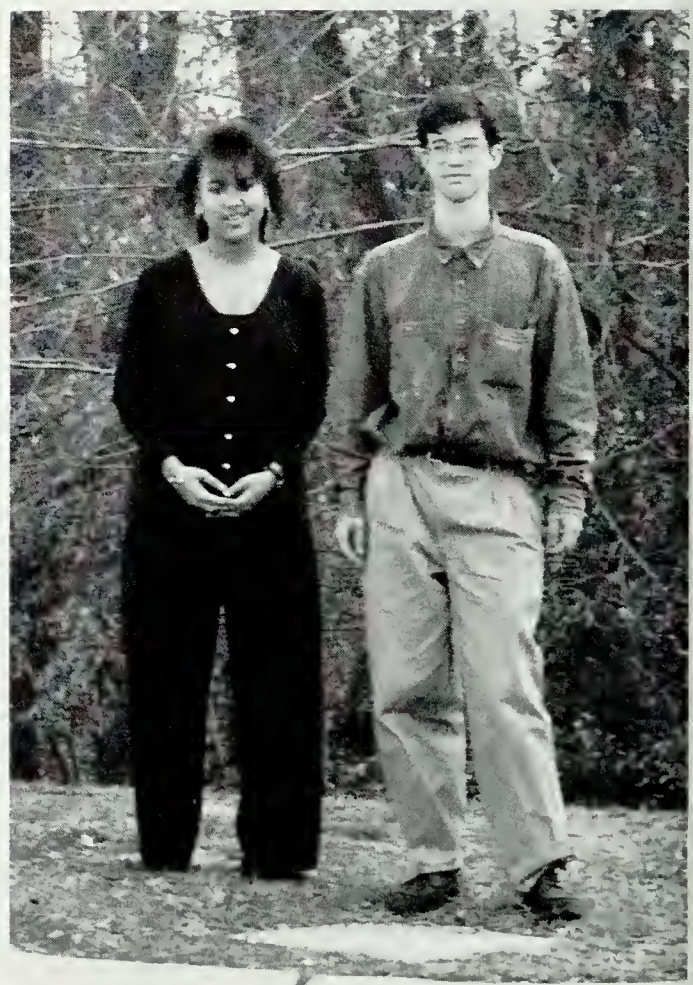


The Seniors looked to Moria John-Williams, Ja-
celyn Moros, Shameeka Soares, and Hilary Hartt
(not pictured) to keep their interests up front.



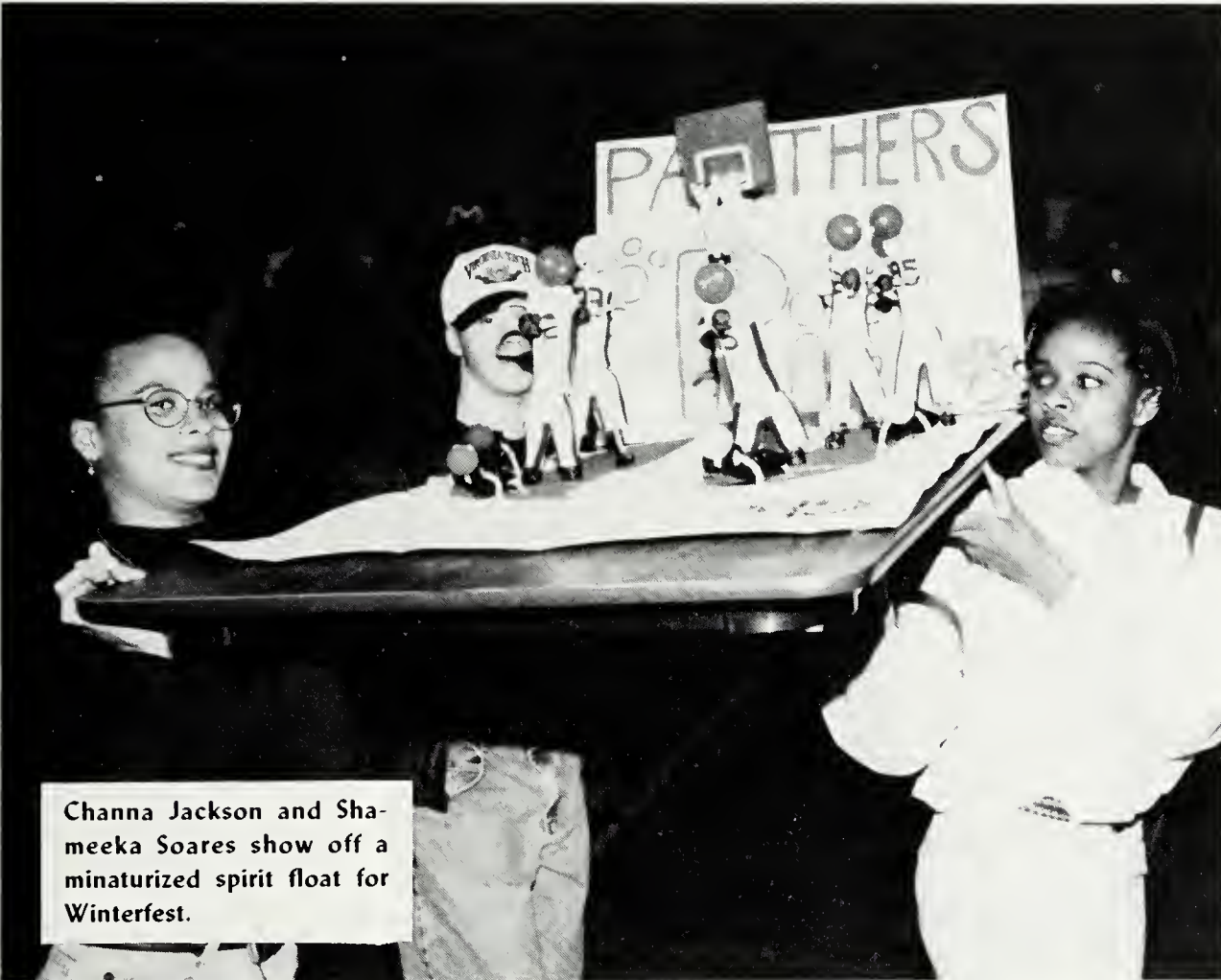
The Freshman Class was ably
represented by Bree Sutherland,
Amy Arrington, Teddy Nelson,
and Katherine Davidson.

Jennifer Henderson and David
Matvay worked hard to repre-
sent the Sophomore Class



Student Council Activities

Some Spirit - Some Service - Scads of Fun



Channa Jackson and Sha-meeka Soares show off a minaturized spirit float for Winterfest.

The Student Council had a great year arranging opportunities for the student body to have some fun while providing a service to community and sustaining school spirit. All have reaped the fruits of their labors. The Homecoming Week was a great time for all, despite the efforts of a few miscreants to put a damper on it. Operation Turkey found the SCA working with other clubs to ensure that several area families were able to enjoy a hearty Thanksgiving feast. The Valentine's Day Heart to Heart computer match up generated some inter-

esting results. The Spirit Link drive results caused the SCA president, Quincy Queen, to sample a pie in a rather uncivilized way.

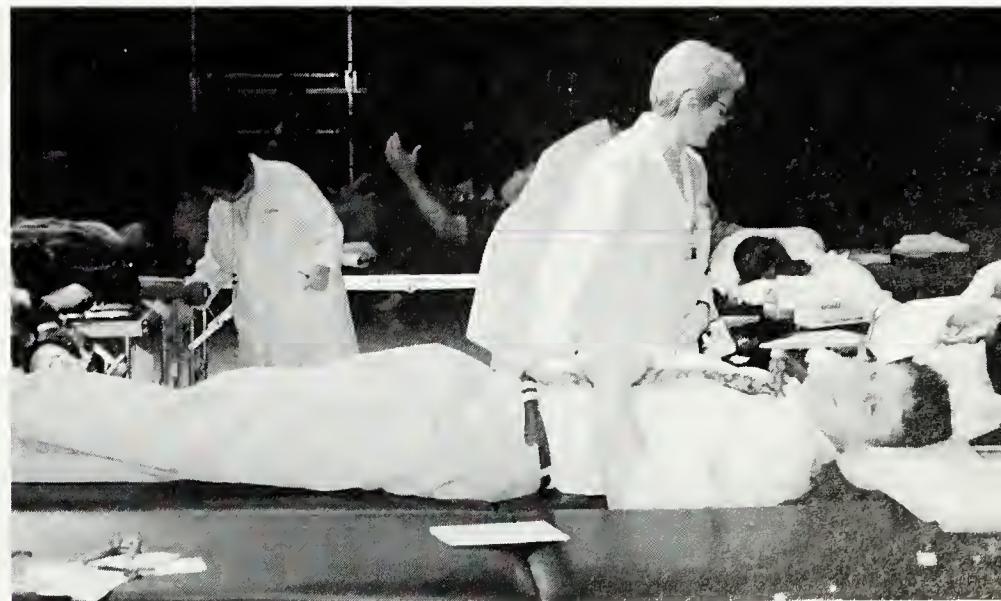
Winterfest '95 was a new wrinkle in the SCA's spirit catalogue. It helped to warm up the some cold winter days with imagination and plain old fun, capped off with a Sadie Hawkins dance - you know a ladies choice thing! The SCA's blood drive was a definite success. Next on its list of innovative activities for us is a used Prom Dress sale. Don't worry, the SCA has not forgotten Potomac Day. Its coming!



Quincy honored his word concerning spirit link competitions and ate his pie all at once.

Sadie Hawkins would have enjoyed this Winterfest dance - good music and good people and some munchies.

"You never know who you've helped, but you have helped when you give blood." - Scott Vandesand



Out Of The Blue

They say eyes are the windows
to the soul.

Somewhere I lost my place.
Not knowing where I am or where I was -
Before the darkness came.
Windows are shut so no one can see in.
Emptiness
Except for furniture covered in white sheets.
No one sits on the dusty chairs.
Gray, transparent windows -
They reflect the Moon no longer.
Still I wander on
Straying further from the path
Searching for the place that pulls...

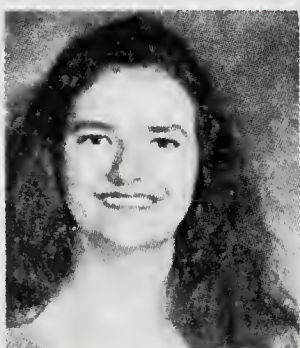
Moonlight in my windows.



Beach Morning

The warmth of sun comes in through my picture window in the living room. The sun is rising above the ocean crests. The gulls begin to fly against the deep purple and pink sky. Now I know why it is called a picture window. It looks like a beautiful painted picture. A picture perfect painting that continues to move, but also continues to glow in beauty. I could stay and watch forever this moving picture of grace until I become part of it in my dreams.

Ellen Prespare



"...it allows students to capture the spirit... through writing and demonstrate that they can express themselves artistically." -
Brooke Newey



Literary Magazine...its a door to...your feelings." -
Ellen Prespare

Figure

Grey mist
Cool breeze
I shiver
You breathe
And
Whisper words
That echo
In my
Head
Is twisted
With crazed
Thoughts
Your presence
Makes me
Happy
Sad
When you
Appear
Close
To you
I feel
Your breath
Upon my
Breast
Is plump
My heart
It jumps
When you
Touch me
I am
Afraid
Comforted
When you
Hold me
In your
Eyes
Your heart
Is cold
With
Death
Life
Runs Red
In my
Blood
Is warmed
By your
Kiss
As I
Wonder
How we are
Different
Alike
In our
Minds



The Wind Is but A Whisper

The wind is but a whisper
A whisper in the breeze
A smooth and gentle sound
Blows through the trees.

The wind is but a whisper
A whisper in my ear
That tells me happy tales
And takes away the fear.

The wind is but a whisper
That makes the pain away
It makes me feel so happy
And puts my soul at bay.

The wind is but a whisper
That gives its loving arms
It's always there for comfort
And keeps away the harm.

The wind is but a whisper
A memory in my sleep
The time missed and gone
This I'll always keep.

Ellen Prespare

Smoke-filled air and smell of patchouli
Darkness save the dusty lamplight
Sounds of wind and chess
We sit opposite
I talk and so do you-
But we don't have to.
I can tell you understand
Even if you do not hear the words
Phrases and ideas
Floating
With the steam from our cups.



I never asked for your sunshine.
Don't think I didn't enjoy your warmth.
But why couldn't you have been my umbrella,
Or my coat when the world got cold.
You were never my shield from the wind.
But when the rainbow came out,
You'd suddenly appear.



I made a mistake finding shade under a maple tree,
When I should have chosen the evergreen.
Because every Autumn I'd watch your colors change,
And by Winter you were gone again.
I wish I could have forecasted,
How our seasons together would end.

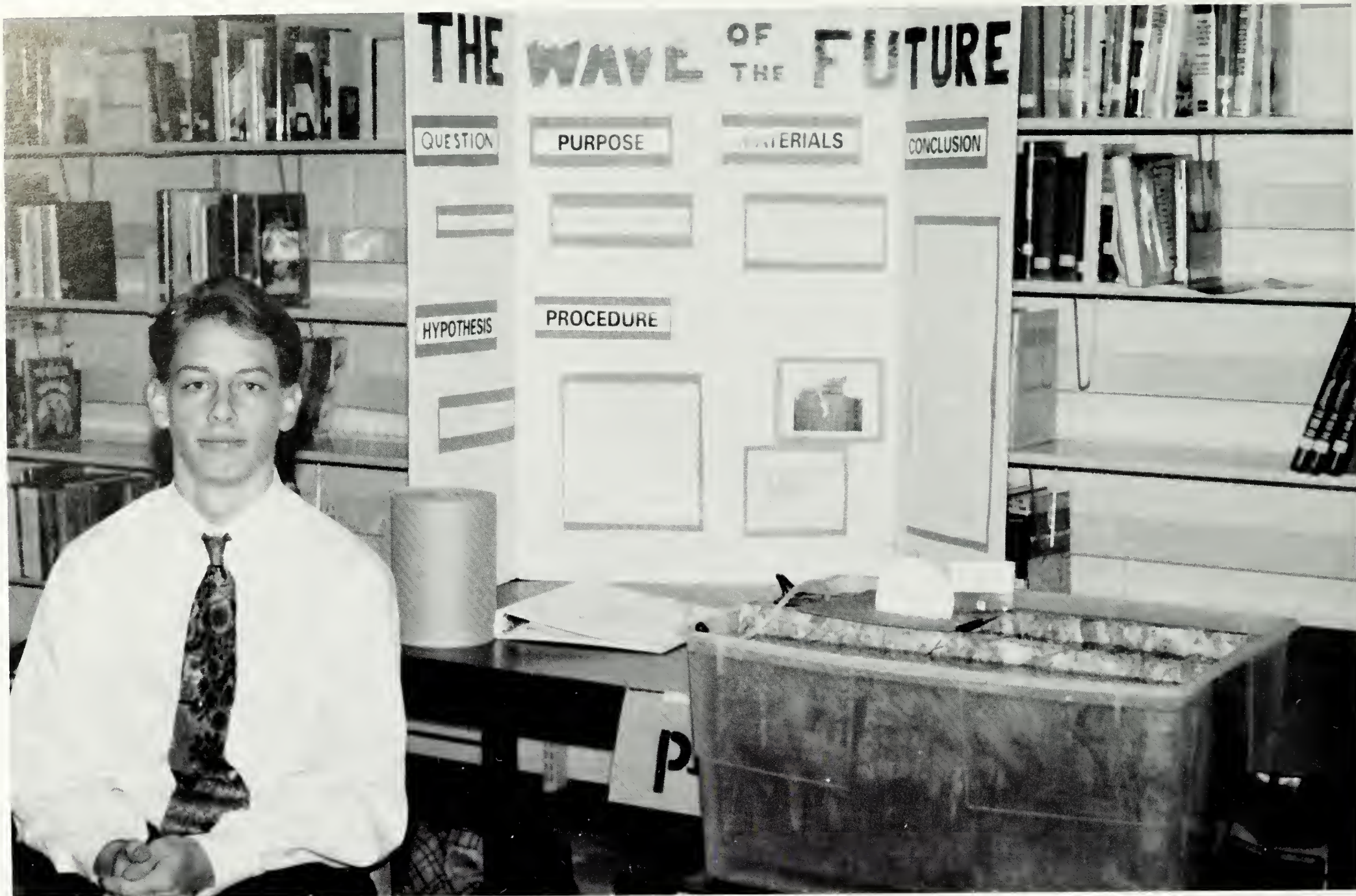


AUTOGRAPHS



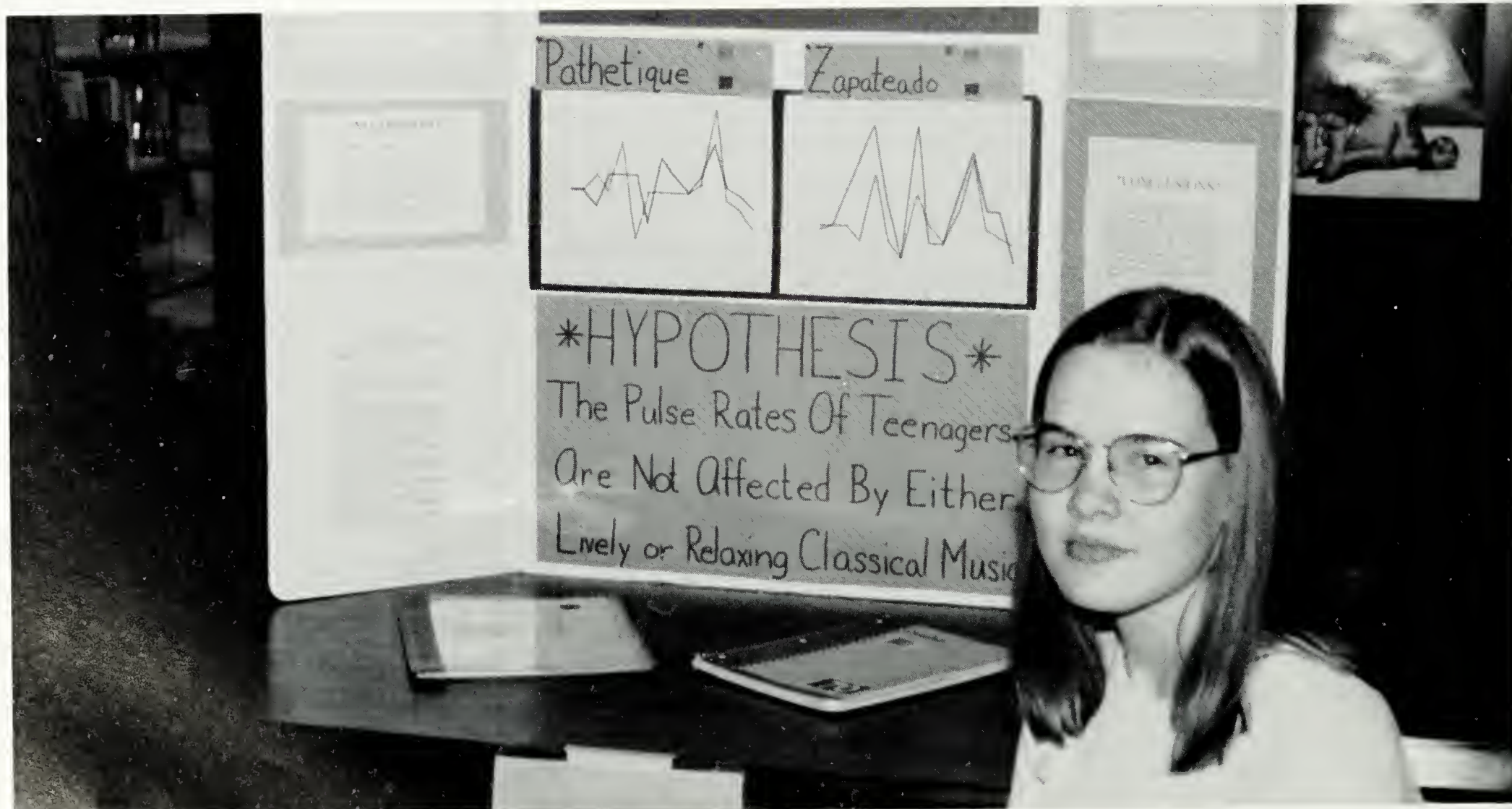
AUTOGRAPHS





Scientific research is the wave of our future. Eli Osina worked on a "wave's" impact on us now and possibly tomorrow.

Music does effects mankind. Ana Hummel's classic music study shows promise. Ana, what about Rap, New Wave, etc.?



The Science Club

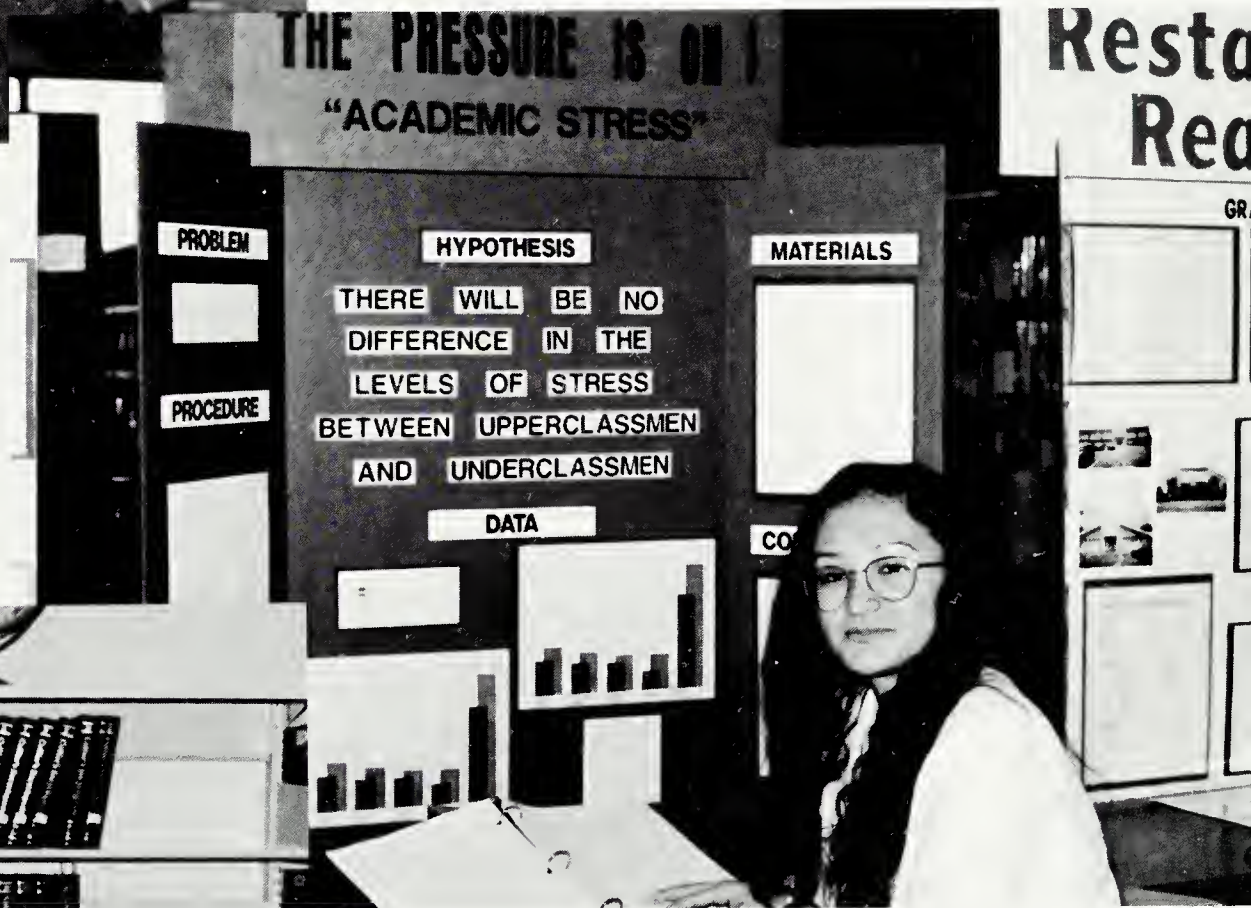
Panther Scientists Are The Wave Of The Future!

They are not a bunch of Boris Karlof clones running about in lab smocks, sporting an accumulation of "bad hair days" or babbling unrecognizable words punctuated with spit. They are "the wave of future." Science Club members are as different as the day is long, except for their interest in discovering the answers to questions about man and nature.

They attempt to help you explain to parents why music is beneficial to the learning process. They demonstrate that the stress of life and school is the same for freshmen as it is for seniors, so quit picking on freshmen! They also have fun under the guidance of Mr. Leon Ragland looking at what the future holds if the right questions are answered. Cheap gas - how? When?

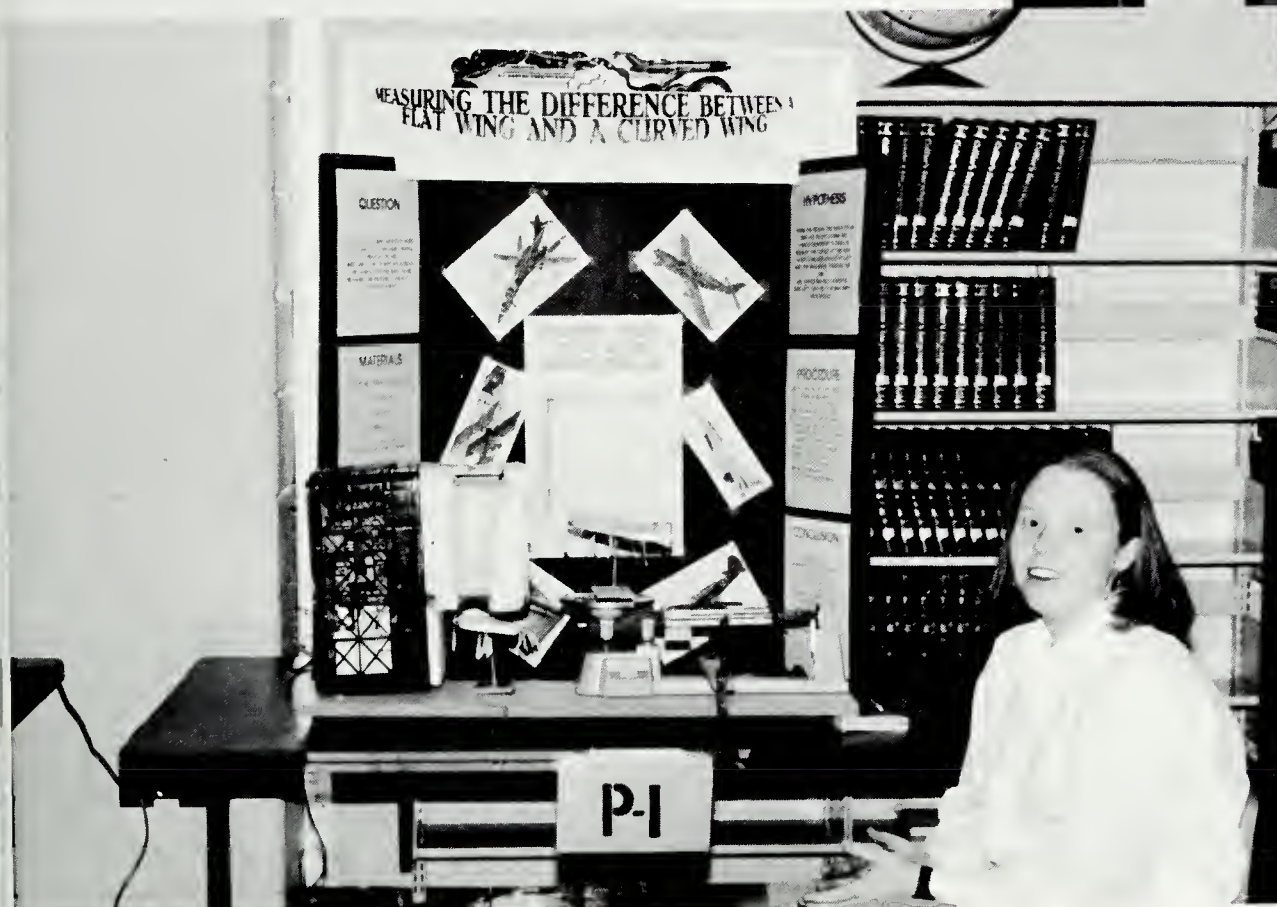


Did Chris Fair's science project prove that "Heinz's 57" may become "56 or less" do to space considerations? Your Guess!



Seniors, when writing on "Why I should not pick on freshmen," you may want to check out Ellen Prespare's research.

For all you would be flyers, Jennifer Stewart's project is more uplifting than you think if you pick the right wing style for your craft.



A bit of Drama, a touch of Comedy, and a splash of Music

Months of rehearsals, hard work, and preparation all came to a head during three days in May when members of the Drama Club and Theater Productions class treated the Panther community to superb performances of Roger's and Hammerstein's musical, South Pacific.

Taking on the leading roles were Emily Jarabak as Ensign Nellie Forbush and Tony Johnson as Emile de Becque. The play was centered on their characters' struggle to find love amidst the turmoil and chaos of the Second World War.

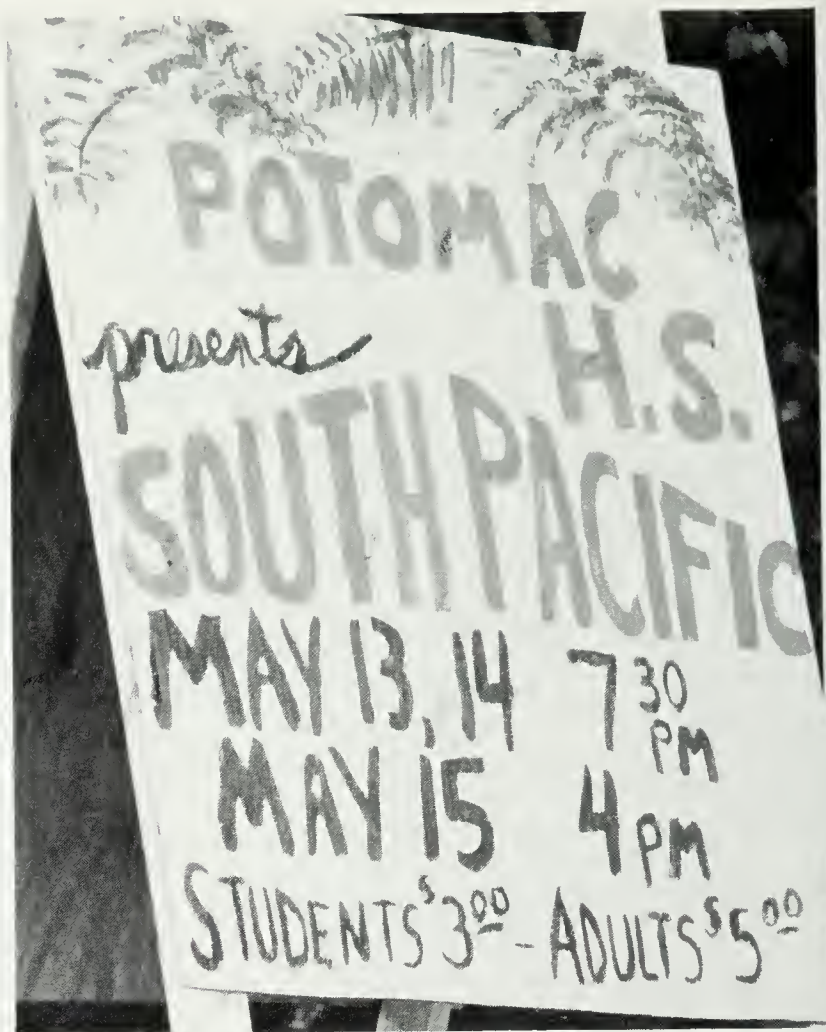
Throughout the play, the audience was sent on

a roller coaster of emotions. The crowd roared with laughter at the hilarious performance by Tia Meeks as Bloody Mary. It seemed as though, from the hush of the crowd, the whole audience was on the verge of tears when it was announced that Lieutenant Joseph Cable, played by Mark Ross, died from wounds received in battle a few days earlier, leaving behind his love, Bloody Mary's daughter, Liat, played by Tommi Woodson.

Like any other play, the success of South Pacific would not have been possible if it were not for the many contributors to the play. Many volunteers

helped out with building the set, make-up, and costumes. Helping out on the musical side of the production were Mr. Allen Weberg and members of the school choir, along with Mr. Gary Zolman who directed the orchestra in providing the background music for the play.

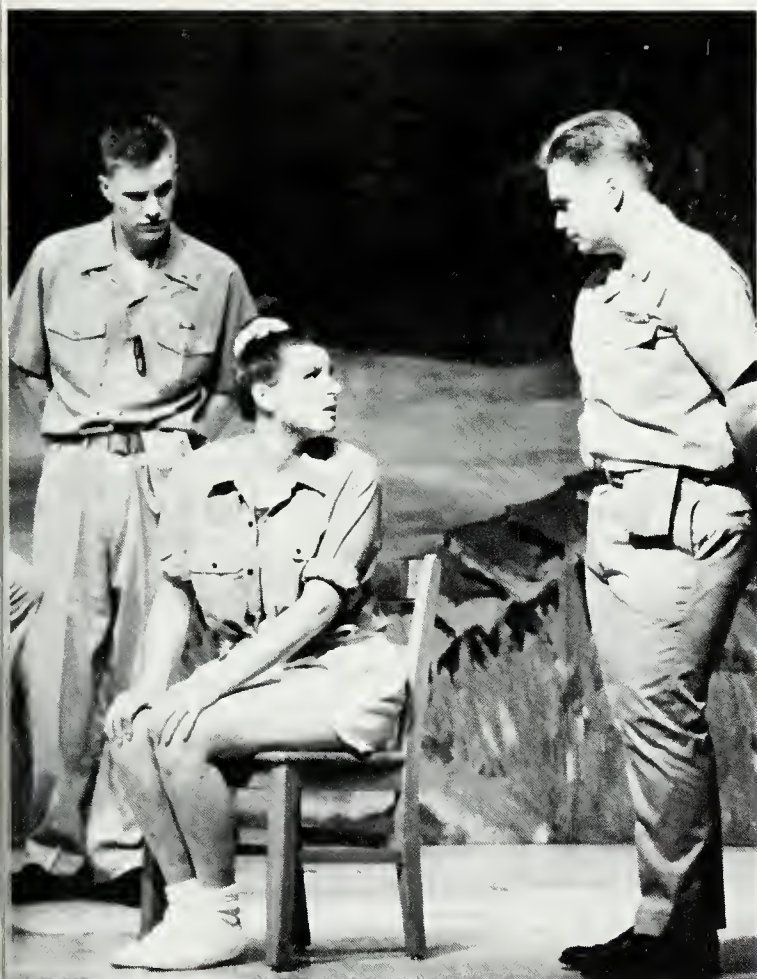
Even though putting on a production as complex as South Pacific is a lot of hard work, the cast and crew were able to have a good time through it all. "It was a lot of fun working on the play," said James Mercado. "It was definitely worth all of the time you put into it when you are able to perform for your school."



As the curtain was about to fall, Emile (Johnson) and Nellie (Jarabak) realized that the twisted paths of war they were required to travel had led them to a new road built on personal peace and love.

Every show needs an audience. Effective promotions bring an audience in. The billboards (such as the one above) and flyers used to advertize the play were prepared by the Art Department.





A bit bewildered, Nellie (Jarabak) agrees to "spy" on Emile (Johnson) for her superiors who want him to help the Allied war effort.

Beauty comes in many forms, like a smile, a great personality, a sense of humor, or an excellent singing voice. Tia Meeks wrapped them all together for her role as Bloody Mary, and gave her co-actors and the audience a new idea of what it means to be "bew - tiful."

In one of the light hearted moments of the show Jim Agnew is assisted by Nellie (Jarabak) to discover his feminine side - tattoos and all!

Emotions often require a bit of reflection to resolve. Nellie (Jarabak) and Emile (Johnson) pause to deal with their love in uncertain times.

Actors often find working with younger children on stage can get them "up-staged" if they are not careful. These two helped keep the cast on its toes.

Stew Pot (James Mercado) and other members of Bill's Laundry like Martin Boone and Jason Heatwole are caught discussing the quality and price of Bloody Mary's grass skirts and their impact on Bill's sideline business.



DECA

What's In And What's Not In The Marketing World

Distributive Education Clubs of America (DECA) provide students, through their marketing classes, the chance to see "what's in" and "what's not" in the marketing world. The club strives to improve the professional competence of young people, so they can enter the work force upon graduation with an edge. The members are guided by Mr. Michael Carr and

Mrs. Jean Cahall. Club members are encouraged to get involved with community support activities, to help others and to learn how to deal with the many types of people they will come in contact with during their life. Every month, the club collects food for the ACTS Homeless Shelter. For Thanksgiving time, members prepare and deliver holiday food baskets to less fortunate

families.

DECA also works to keep local dentists in business with their candy sales in school to raise funds for the club and their support programs. Several of the members became their own best customers. Some have also been observed on the "bunny trail" hiding candy eggs and other small things for a local kindergarden class. It was hard to determine

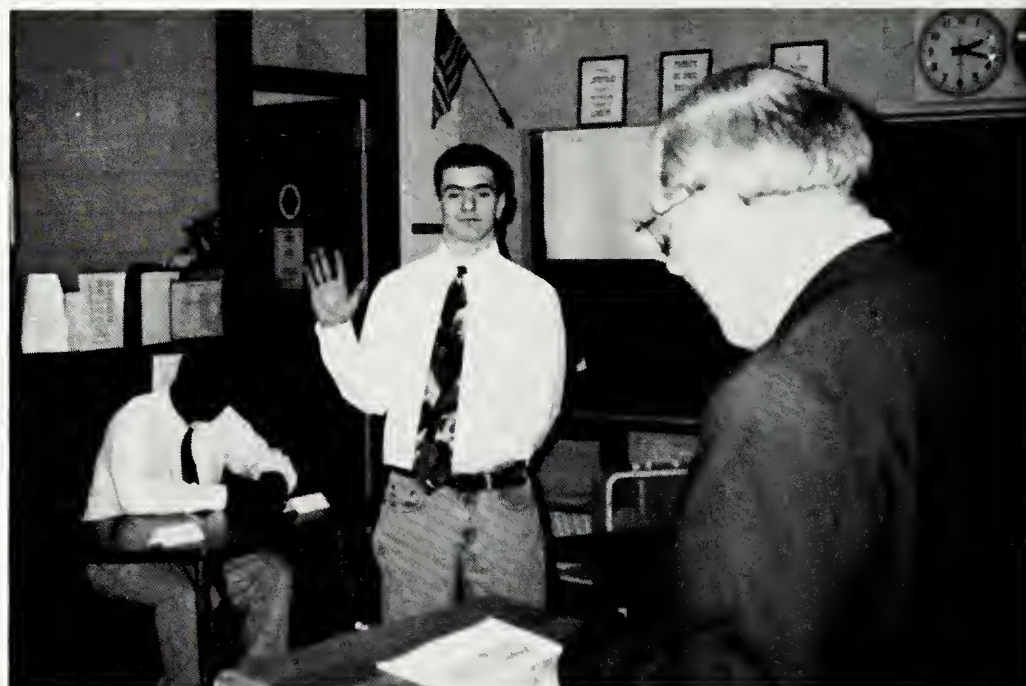
who had more fun the "little" kids searching for the goodies or the "bigger" kids who were trying to guide them to their finds.

On the serious side, the club works to develop each member's leadership skills and understanding of what it takes to make it in the world of business. It does this through classroom work, club discussions and entering state competi-

tions to test their marketing skills. Christina Graves earned a First Place award for her Fast Food marketing skills. DECA's '95 student leadership included the O. J. Webb, Nathan Russell, Jennifer Coimbra, Michael Cooper, Ebony McCormick, Christina Graves, Sharon Smith, Angel Rivera and Eungee Sablan.



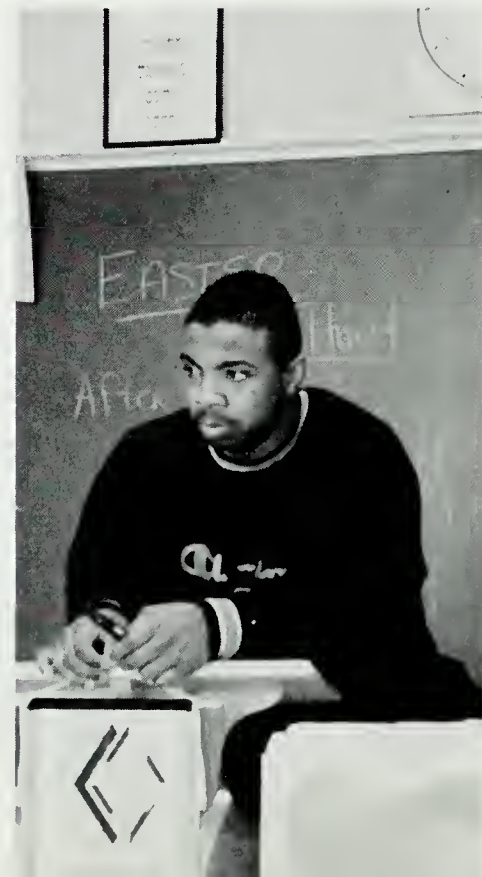
Communication is the key to any successful enterprise. Nathan Russell and O. J. Webb put in their \$.02 while Lori Becker ponders their comments.



DECA officers are expected to show leadership. To reinforce that idea they are sworn in, like Nathan Russell the club's VP, by their moderator.

DECA stresses the the value of listening. O.J. Webb listens attentively to a member's idea looking for a better way to finish up on a club project.

One way to practice leadership skills is working younger people. DECA members Kim Fincham, Cameron Linegar, and others got to take a break from class and visit with students at the River View Oaks Elementary to help them with their Easter Egg Hunt.





Besides holding a job, marketing students must also meet class generated requirements to earn two credits towards graduation. Nathan Russell, Kristine Katsarelis, Christina Huffstikler, and Stacy Kofourous wait for their next academic assignment.

DECA members and the A.M. kindergarden class they work with took a break from their activities to pose for this picture bunny ears and all.



"Marketing is an enjoyable yet challenging class for me. I really get a lot of satisfaction out of using the skills I've learned in competitions."
- Christina Graves.



DECA leaders Nathan Russell and O.J. Webb pose in front of some of the products they market and awards the club members have earned.



Yearbook '95

When someone says "Yearbook" what do you think of? Most people think of the word in terms of pictures, stories, funny captions and notes from friends that will stir memories in the decades to come. To a yearbook staff member it means a year of hard work and determination (translated - you don't want to be the one responsible for busting a deadline). Most people don't realize the time and effort that goes into the book, the hundreds of hours to include the time spent on weekends, or the thousands of dollars it takes to put a yearbook together.

The SY '94/95 staff, most of whom had never seen a layout, did a pica count, or heard of the

"evils" of trapped white space, worked diligently to make this year's "memory" book a true relection of life on the "Four Year Trail." "I've been on the staff for two years and I feel that there is alot of dedication, teamwork, and helping out being done. When the yearbook is completed I feel really good inside that I was a part of that accomplishment," said senior, Stefanie Hall, the Student Life editor.

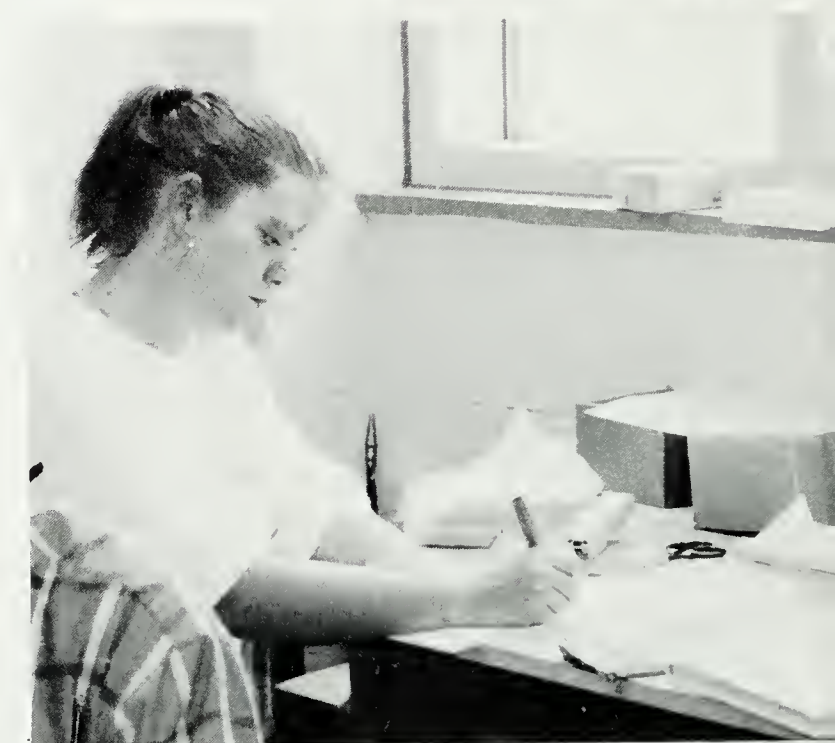
"Being a part of the staff, you get a feeling of how hard it is, especially when someone comes to you and has a problem with their assignment or says that you need to make another change in a story, but learning and getting better is what it's all about on the Four Year

Trail. It upsets me that some people don't get involved with the yearbook in any way, yet complain if it doesn't meet their approval. Fresh ideas are always needed and welcomed. Getting involved with yearbook work is a great experience. It also helps to ensure that its 'our' book of memories - not yours, mine or theirs," said senior, Christen Wheeler.

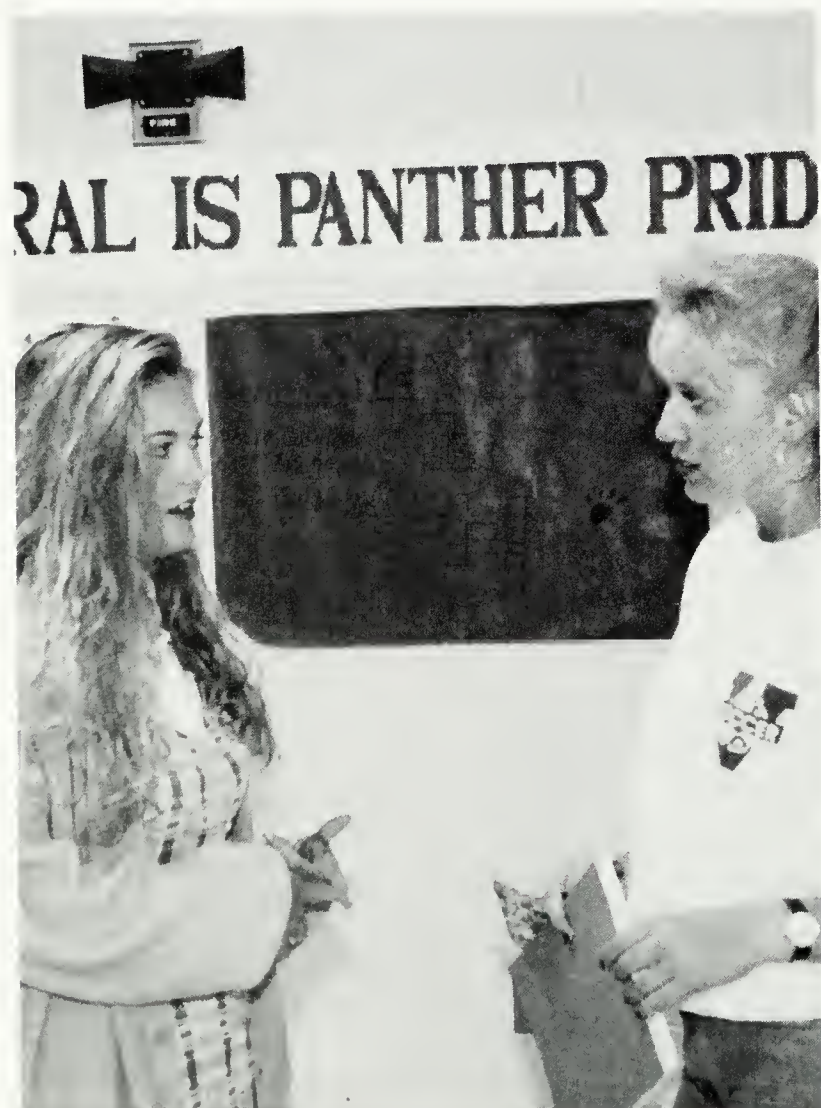
Although the yearbook staff started out as a group of individuals, by the time the book was completed everyone had become more of a team player with one another and had the opportunity to see how the school and its activities interact. - Stacy Goldsmith - Yearbook Editor-in-Chief

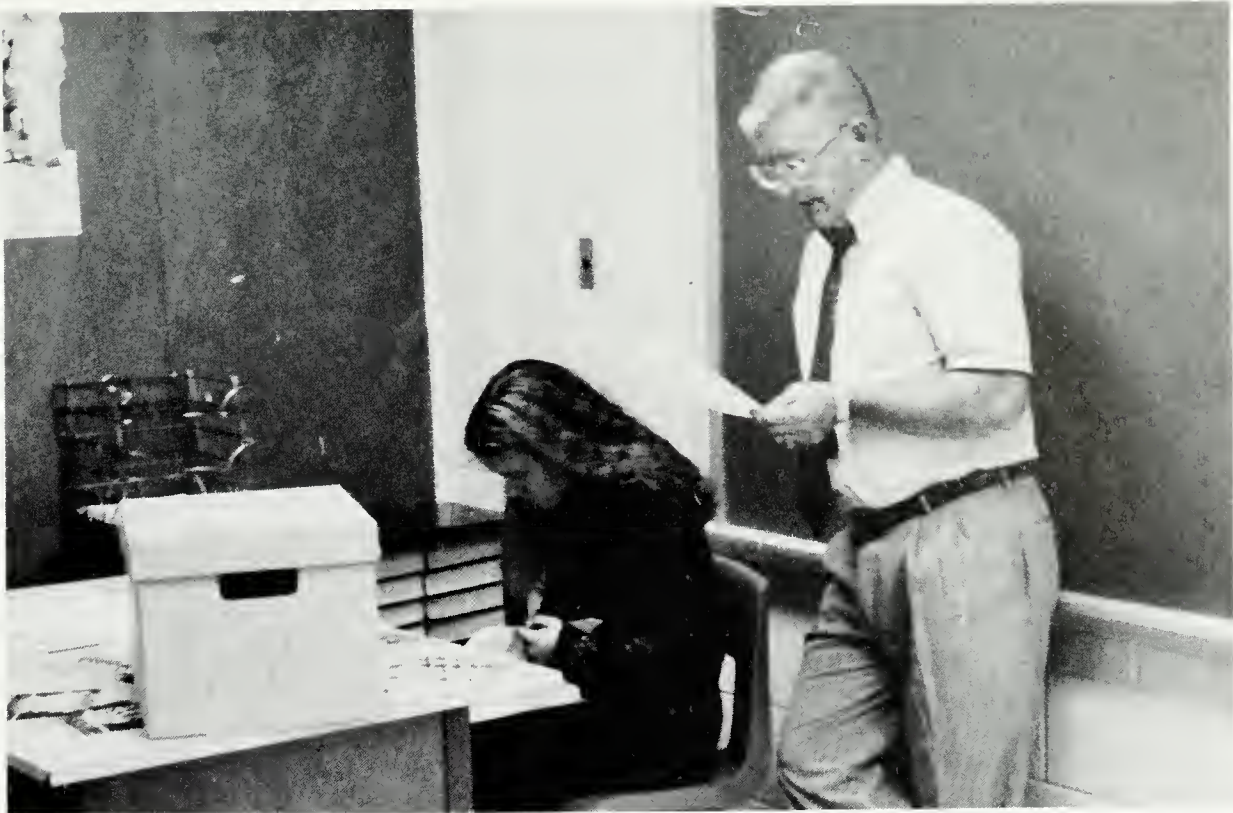


While out posting sales signs, Christen Wheeler stopped to talk to Samantha Freeman about the Yearbook sales during lunch.



Sheri Martin finishes a couple of touch ups on her story after class. Staying after school helped the staff keep on top of their assignments.





Second year staff member Mel-lisa Fisher, helped out by showing new students like Jerome Warren and Stu Young how cer-tain tasks were to be done. In this case, the correct prepera-tion of sales reciepts.

"Mr. Hayden, pictures are really worth a thousand words - trust me! Even if your don't like pic-tures of yourself, I am the pho-tography editor and this picture stays." said Shannon Stanley, to herself, as she helped the ad-visor select story supporting photos.

Yearbook Senior Staff (l-r): Sheri Martin-1st Sports Editor, Stacy Goldsmith-Yearbook Editor, Kim Fincham-Clubs & Feature Sto-ries Editor, Stefanie Hall-Stu-dent Life & Academics Editor, Kevin Cronister-Layout Editor, Christen Wheeler-2nd Sports Editor, Shannon Stanley-Pho-tography Editor. Not Pictured: Tommi Woodson-Senior Class Editor.

Staffers frequently worked in pairs to design their page as-signments, and sometimes they moved to the Yearbook's alter-nate classroom. Sandra Asbury and Mindy Bushey found that doing both helped them com-plete an assignment ahead of schedule.





"Pagemaker," is a sometimes difficult computer tool used to put a high school newspaper together. Meghan Crowder with an assist from Hilary Hartt used it to finalize her assignment.



Success often requires a team effort. Chris Kwiatkowski checks a story idea from John Wahala.

Cut and Paste? Yup, highschoolers do it! Bridgette Scott and Caren Tahan found that out on the PHS.



"I would encourage people who enjoy writing to take Journalism because it gives you a great feel for...the real world." - Sharon Smith

The PHS Pulls Through

Putting out a high school newspaper normally requires a lot of hard work, especially when the staff is a small one. With a small number of (4-8) regulars and a few "stringers," putting out a quality paper requires more than hard work! It requires some creative production scheduling and a great deal of "beat" flexibility from the staff.

This year's block scheduling threw the staff a new wrinkle to handle. Several of the staff were only able to enroll in the journalism

class for the first semester. Putting out six issues of the paper, and several parent newsletters, is a year round process, that can not be slowed down to accomodate a change of personnel at "semester time."

To meet this situation, the PHS Club encouraged former class members to maintain their affiliation and contribute to the paper. This action allowed the paper to pull through and provide Potomac and its supporters with a stimulating source of information and opinions. It also provided the staff

with an excellent opportunity to gain some credible experience in life/management skills that they can use as they move out from the Four-Year Trail to Life's highway.

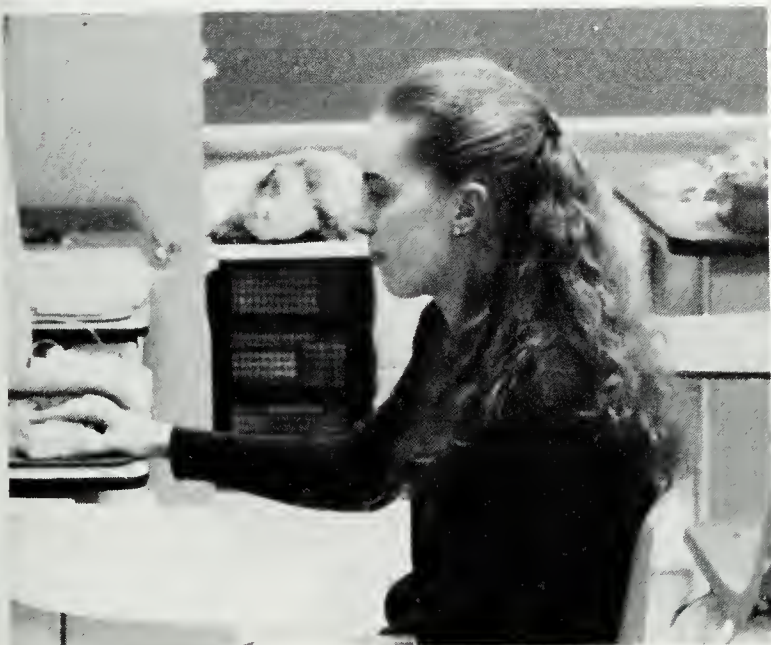
Some of those who brought you the news in print from PSHS this year include: Hilary Hartt, Shannon Stanley, Meghan Crowder, Caren Tahan, Chris Kwiatkowski, John Wahala, Kelley Anderson, Jenny Stewart, Jan Eisen, and Reggie Brookes. - Shannon Stanley





The light table helped the staff and Mrs. Sally Shively, the PHS advisor, "see" how pages could look.

Putting a newsletter together by hand is not fun but its necessary. Chris the "K" did his fair share.



Sometimes "newsies" need inspiration. Jenny Stewart likes to get wound up while Shannon Stanley prefers to keep a lid on it while working.

"Does it fit? Is it fixed?" are questions an editor like Hilary Hartt will ask herself as she checks copy before approving it.



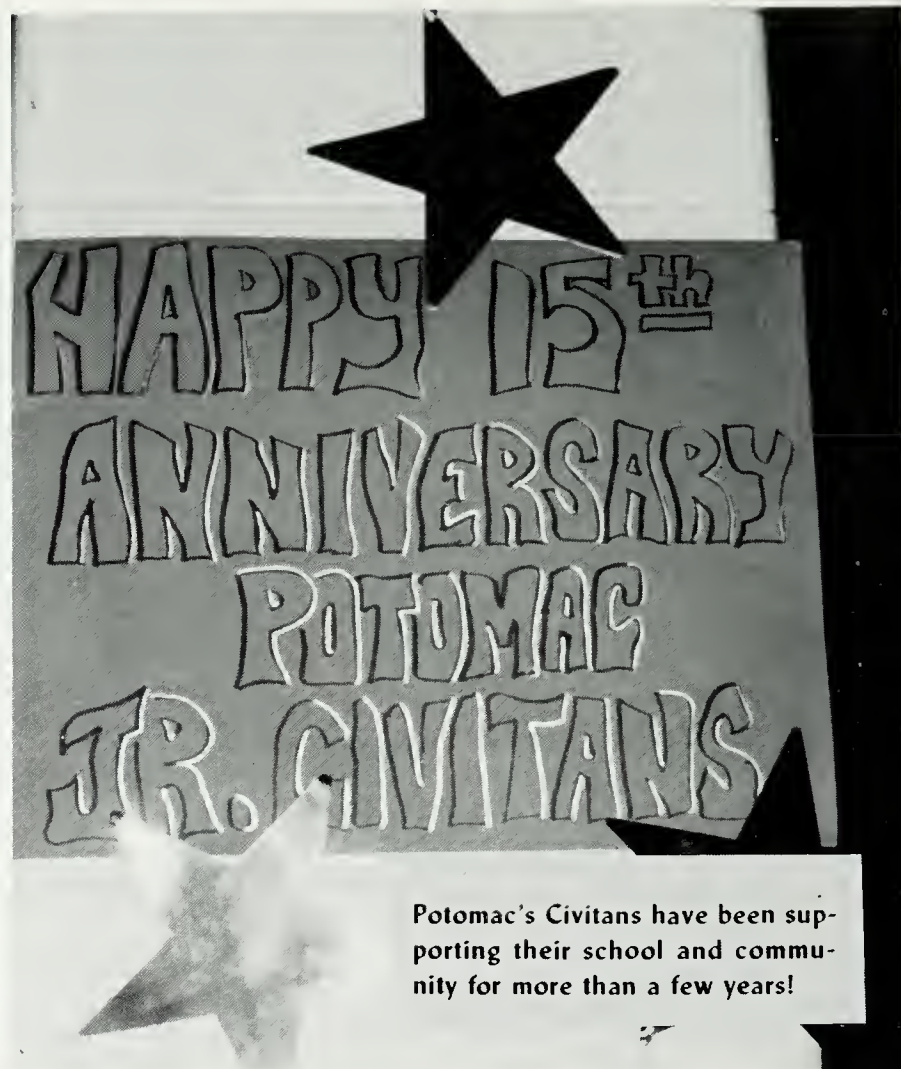
Jr. Civitans

Collecting clothes for the homeless, sponsoring dances and supporting bowling outings for the Association of Retarded Citizens (ARC) and supporting food collection and fund raising activities are but a sample of the many activities the Jr. Civitians involve themselves in every year to support the Potomac Community.

The Jr. Civitans, advised by Mr. Melvin Klugh and Mrs. Carolyn Wakefield is one of the largest organizations on campus. The size of the organization reflects Potomac's commitment to community service. It also helps members feel better about themselves by helping others. "I love the satisfaction of knowing that I made someone's life a bit better," said Amber Jones

The Civitans also participated in several area competitions that enable one of its own, James Mercado to participate in an international competition in Canada. James said "...it was an experience that no Civitan should be denied."

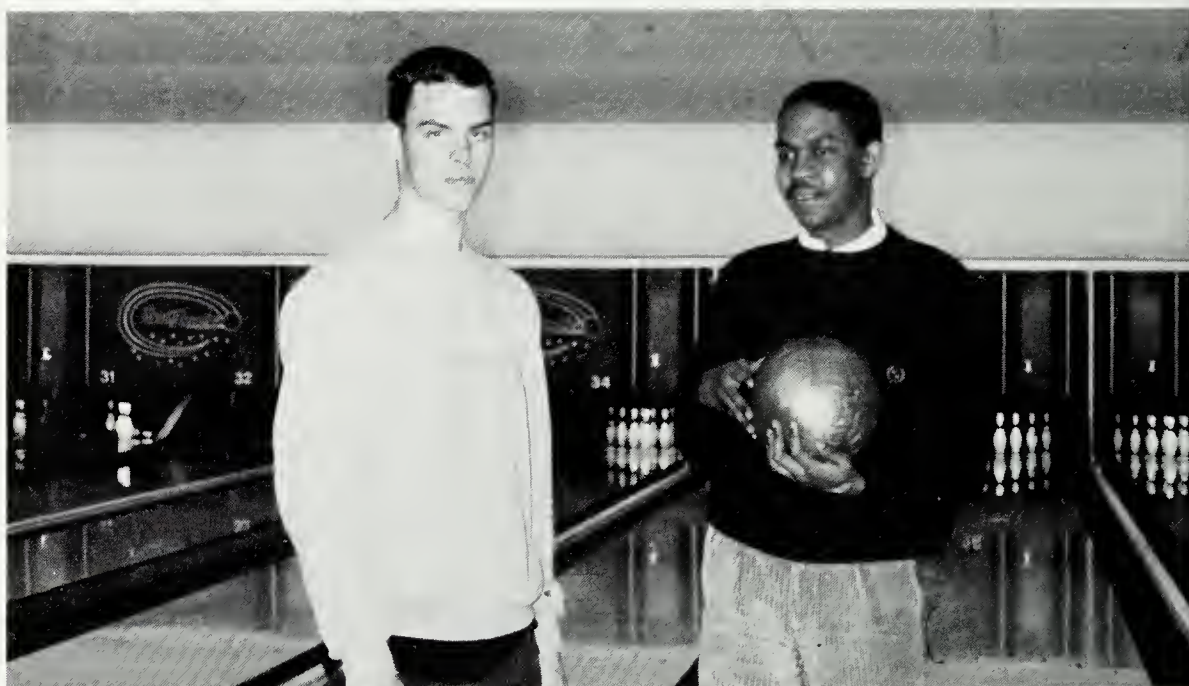
Helping Hands



Hosting an activity can be nerve wracking. Jessica Tomasinski waits anxiously to greet area Civitans attending a twelve hour Dance-A-Thon.

The Jr. Civitans Club is one of the largest clubs on campus with over 84 members. Getting them together all at one time is virtually impossible. Some of the club's officers are shown here.

Every Tuesday afternoon members work with the ARC bowling league. Jake Rumph lends a helping hand to ARC bowler Obediah Baker.





While Civitan members work to help others they also get to play. Jennifer Lamont and Kati Sweeney found out that they liked to bowl and used the time to polish their skills.

A hospital is not considered a fun place to be. However, the Civitans did a great deal around the holidays to brighten up the faces of the children who were there.



WELCOME TO THE PEDIATRIC
PRIMARY CARE XMAS PARTY



Pictured are Jr. Civitians who regularly support the ARC with its bowling activities.

When asked how low he could go, Mr. Melvin Klugh decided not to speak but to let his actions speak for him.

The Camerata singers lent a "helping hand" to the Jr. Civitians by singing at a Christmas party for the homeless.



Thomas Greek and John Hall show their SADD ribbons in front of a student's car. The ribbons are intended to remind students of the need for drivers to drive responsibly and to avoid alcohol.



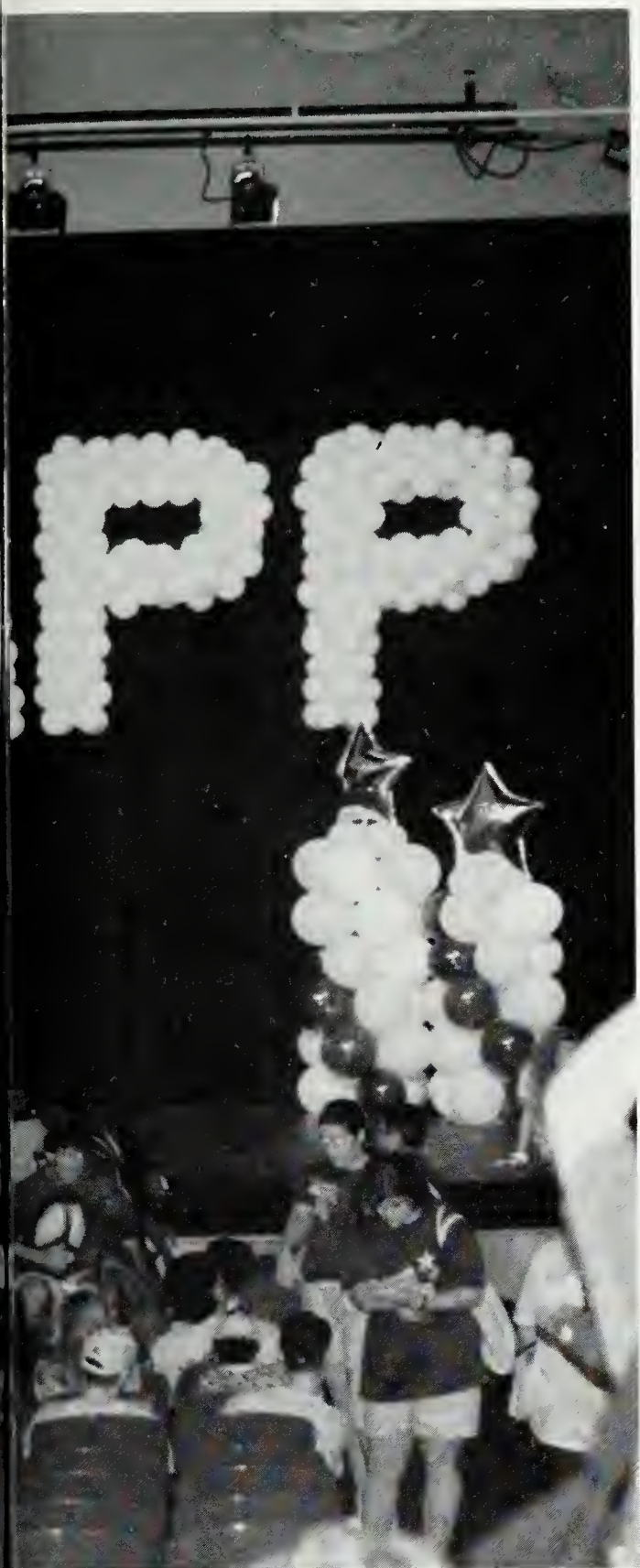
A YADAPP convention, attended by some of our Panthers, provided an excellent opportunity to trade ideas on how to make high school life enjoyable and safer. Attendees included: Theresa Mirkovich, Lurlisa Thomas, Jessica Tomasinski, and Robert Guerra.



YADDAP member Jessica Tomasinski gets ready to "duke it out" with another member at the YADAPP Convention.

PSS and SADD club members took time out from a meeting to pose for this shot: (l-r) John Hall, Lori Du-bois, Brian Graham, Jessica Jaspin, James Mercado, Amber Jones, and Thomas Greek.





Working For You

PSS/SADD/YADAPP

Of the many clubs and organizations that meet after school, some that really work to make a difference for all are the Panthers Staying Straight (PSS), Students Against Drunk Driving (SADD), and Youth Against Drugs and Peer Pressure. PSS, SADD and YADAPP are organizations for students interested in working towards the protection and betterment of their peers. Each year the club members like Benj Brown, Lori Dubois, Thomas Greek, John Hall, Jessica Jaspin, Adia McDuffey, James Mercado, Theresa Merkovich, Camille Nelson, Jenny Ruth Nix, David St. Jean, Jessica Tomasinski, Jason Young, and Brian Graham, along with their sponsors, Mr. Barry Maguire and Mrs. Clarissa Becklund work on many different activ-

ities to spread their message of a drug/alcohol and peer pressure free life style.

One of the activities the clubs were particularly excited about was participating in talking to middle school students about the importance of staying away from drugs and alcohol.

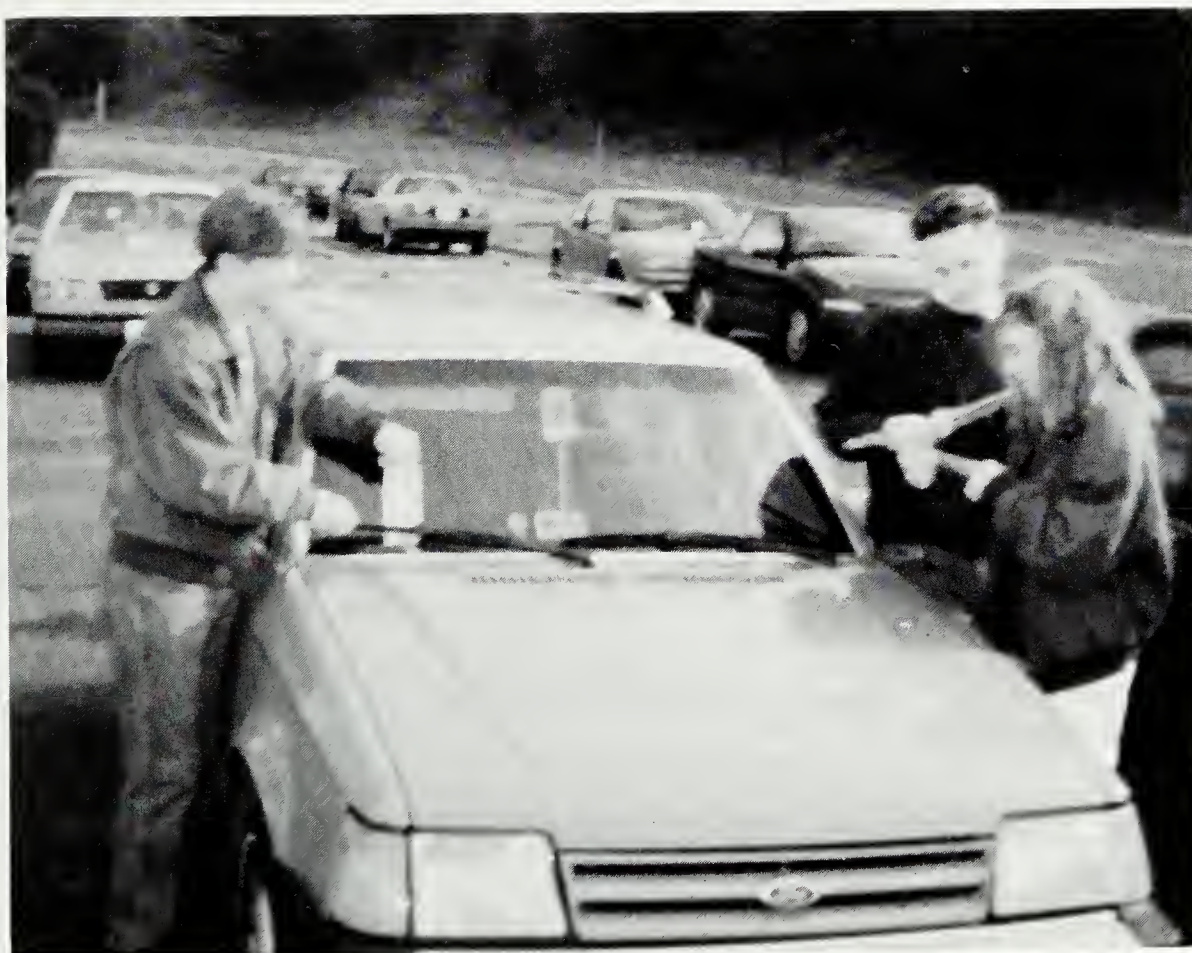
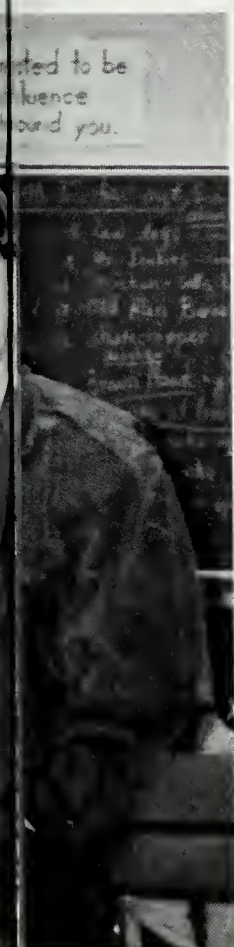
For the one night of the year when students are most tempted to drink and drive the SADD club worked hard to convince them that they could have fun without alcoholic drink. They have students sign a pledge called the "Prom Promise," vowing that they will not drink and drive on Prom night. This not only makes the SADD members easy, it also eases the concerns of parents and students when they know that there won't be as many drunk driv-

ers out on the road on Prom Night.

PSS, SADD, and YADAPP also try to reach the underclassmen before they are old enough to drive by showing a very graphic film in which pictures of people and cars are shown following a drunk driving accident. The film is not meant to scare the students, just to make them aware of the possible results of mixing alcohol with driving. YADAPP plans are also underway to include AIDS awareness presentations to students.

All of these activities including Red Ribbon Week, Pencil Passing to the students, awareness speeches, and visiting middle schools keep the club members busy all year working for others. - Stefanie Hall and Shannon Stanley

Q: "Why Get Involved?" - YB Staff A: "Its a way to help prevent unnecessary problems and maybe even change a life with respect to stopping the use of harmful drugs and alcohol, and working on social problems like AIDS prevention." - Heather Nation



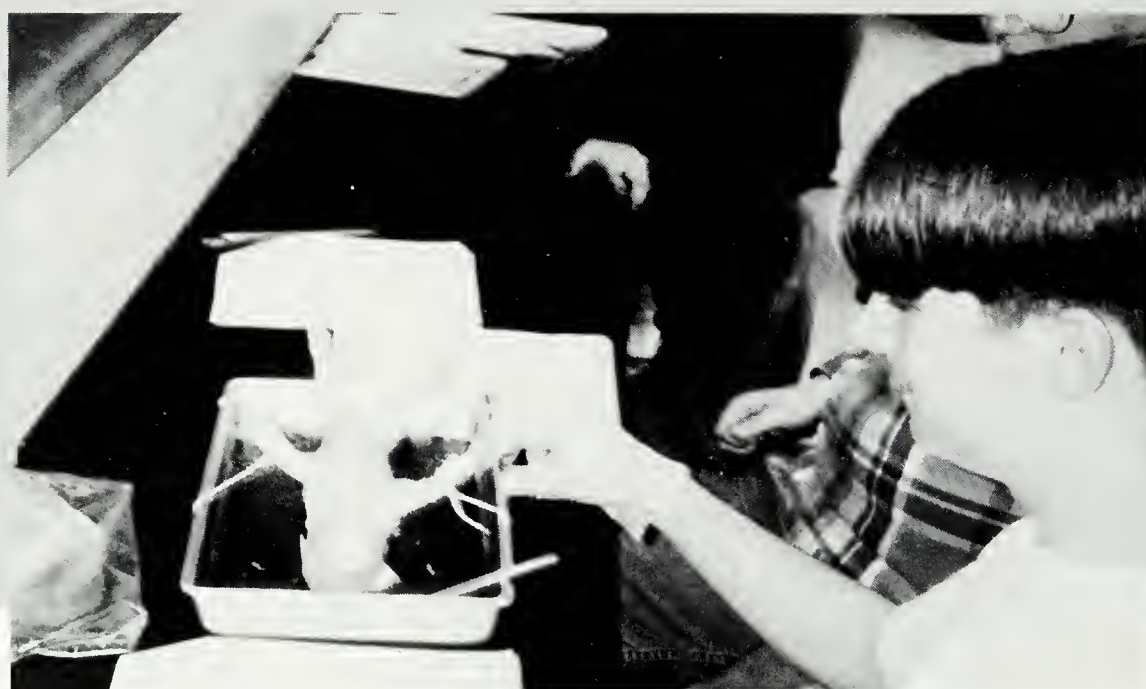
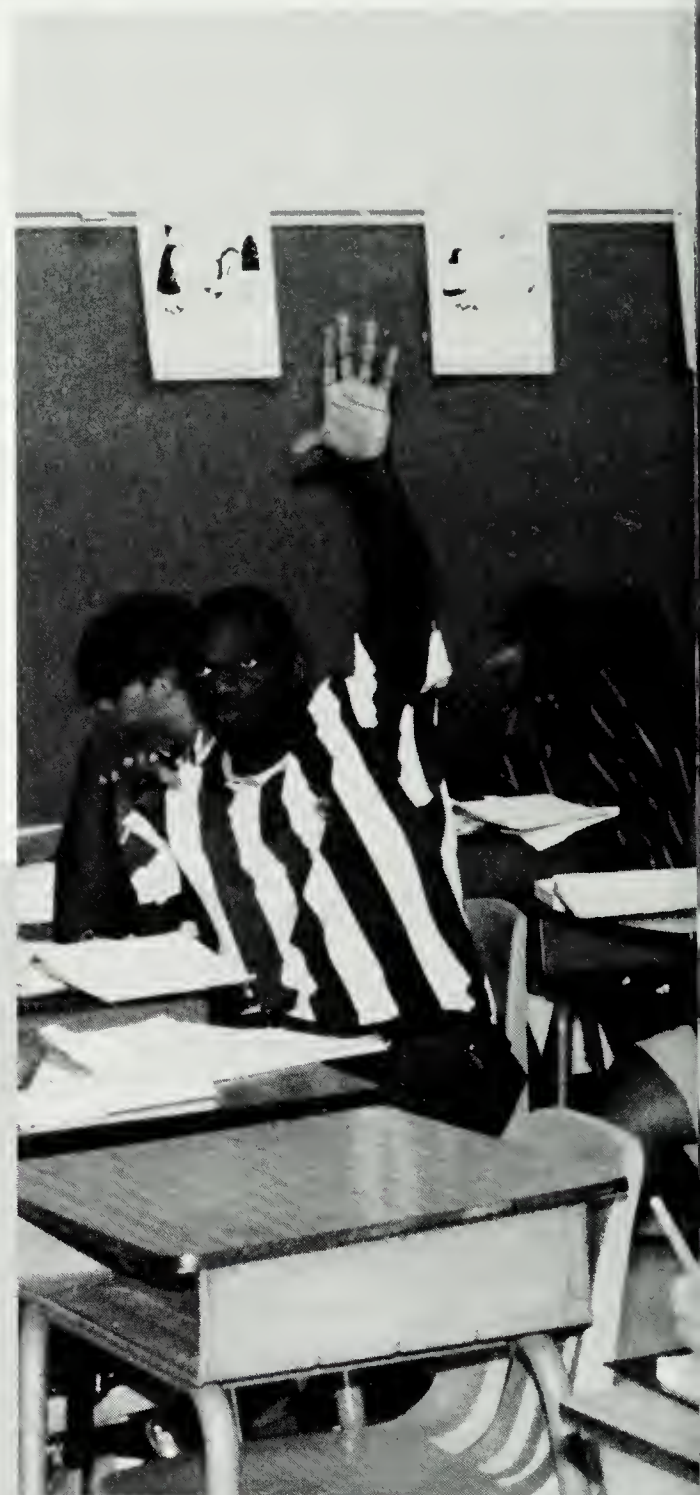
Thomas Greek and John Hall demonstrate to Shannon Stanley how to properly place the SADD ribbon on her car as a reminder to all that she believes that drinking and driving dont mix!

"This year, the SADD club is attempting to broaden its mission. We are not only advocating the prevention of drinking and driving, but also the prevention of using harmful drugs." - Thomas Greek



Academics

If you are into expressing yourself, Art is the way to go! Mark Song's art work (should be seen in color) marks him as a student with talent and an ability to express himself.



Science classes can lead you into some interesting discoveries. Jason Roy's was "its not too cool to have a dissection of a fetal pig before or after lunch."

Upperclassmen, like Shameeka Soares, found out that helping younger students with their class material benefited all concerned.





Math classes may not be the "funnest," but they do cause a lot of thinking to be done and questions to be asked like the one asked by Billie Jones.

Deena Taylor and Andrea Wheeler were able to share a private joke during gym class.



To learn one must do some research. The library is a logical place to seek information. Ms. Gaudet and her staff were always there to assist students.

Some people do not realize how "heavy" a music class can be. Justin Jocewicz does!



Science

A different kind of ABC's

Believe it or not learning your ABC's is not limited to "readin, ritin, and rithmetic." Anatomy, Botany, and Chemistry also play a big role in our development as individuals. Knowing how to dissect a frog, pig or shark may not be the highlight of your life, but it does

give you a better understanding of how we humans are put together.

Science courses also expose you to methods of inquiry that you can apply virtually anywhere and any time. Science also helps you to develop logical thought processes to prove or disprove the many ideas you will

be exposed to or develop during your life.

One of the benefits students receive from taking any of the science offered at Potomac is opportunity to "do" what is being learned rather than sitting, listening and taking notes on information.



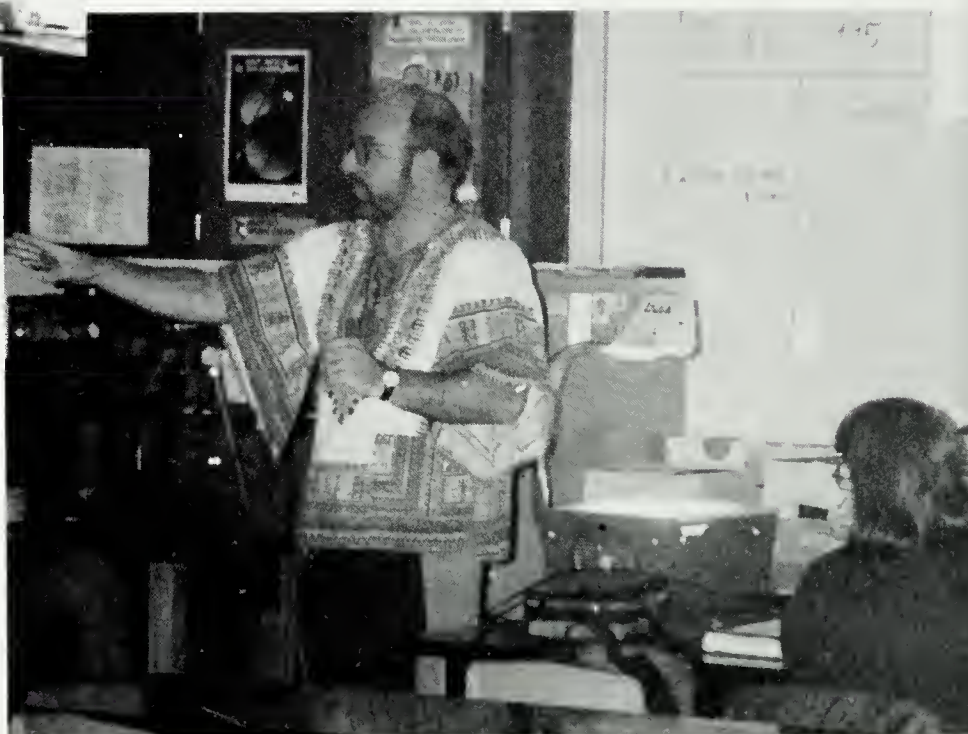
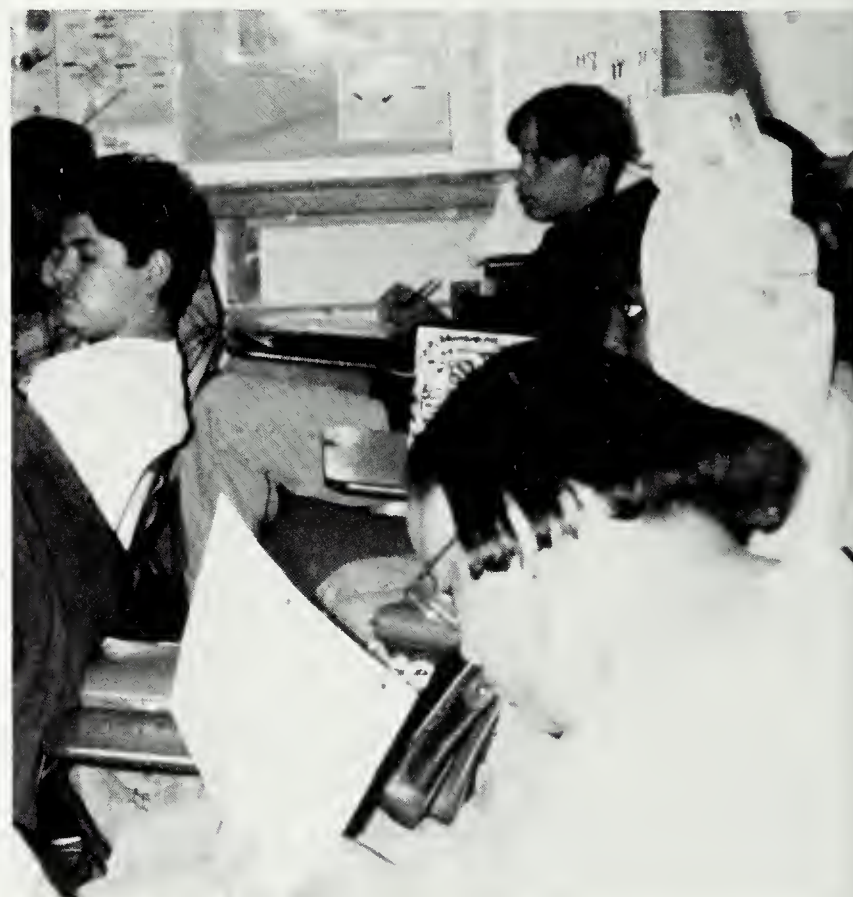
Planet Earth is a big place! Understanding it can be a bit difficult. Mr. Michael Dyre helps his students understand it with things like weather data to whaling trips.

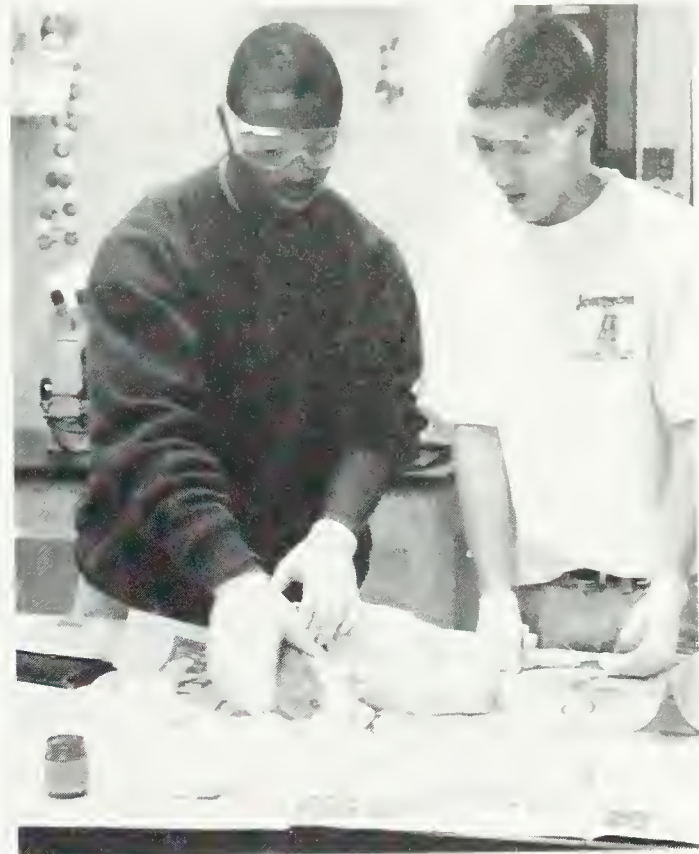


Biology related studies are by nature a mix of theory and experiment. Mr. Don Scarr provided his students with short bits of theory so they could long on experiments to prove a theory.

Scientific discoveries do not happen unless action is taken and questions are asked. You may be looking at a question in the making that will lead to something.

Sometimes chemistry experiment results need to be defended or explained. Mr. Leon Ragland encouraged students to check their step before moving on.








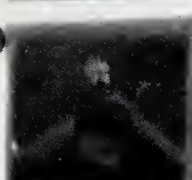
Rumor has it that two heads are better than one when conducting lab activities. Terry Johnson and Vonetta Chapman, agree with the rumor.

If you want to know about the anatomy of a baby shark you can look at pictures or do like O.J. Webb and David Lambert did - dissect one.

Elizabeth Jarabak's science fair project on plants and absorption earned a second place in local competition.



Does A Different Liquid Interfere With A Plants Water Absorption?

Procedure

1. I will take a plant and put it in a vase of water.

2. I will take a plant and put it in a vase of water.

3. I will take a plant and put it in a vase of water.

4. I will take a plant and put it in a vase of water.

5. I will take a plant and put it in a vase of water.

6. I will take a plant and put it in a vase of water.

7. I will take a plant and put it in a vase of water.

8. I will take a plant and put it in a vase of water.

9. I will take a plant and put it in a vase of water.



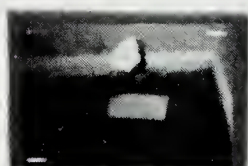

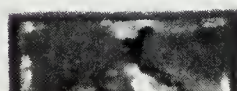
10. I will take a plant and put it in a vase of water.

Hypothesis



Materials

Conclusion

Observations

Observations



Math

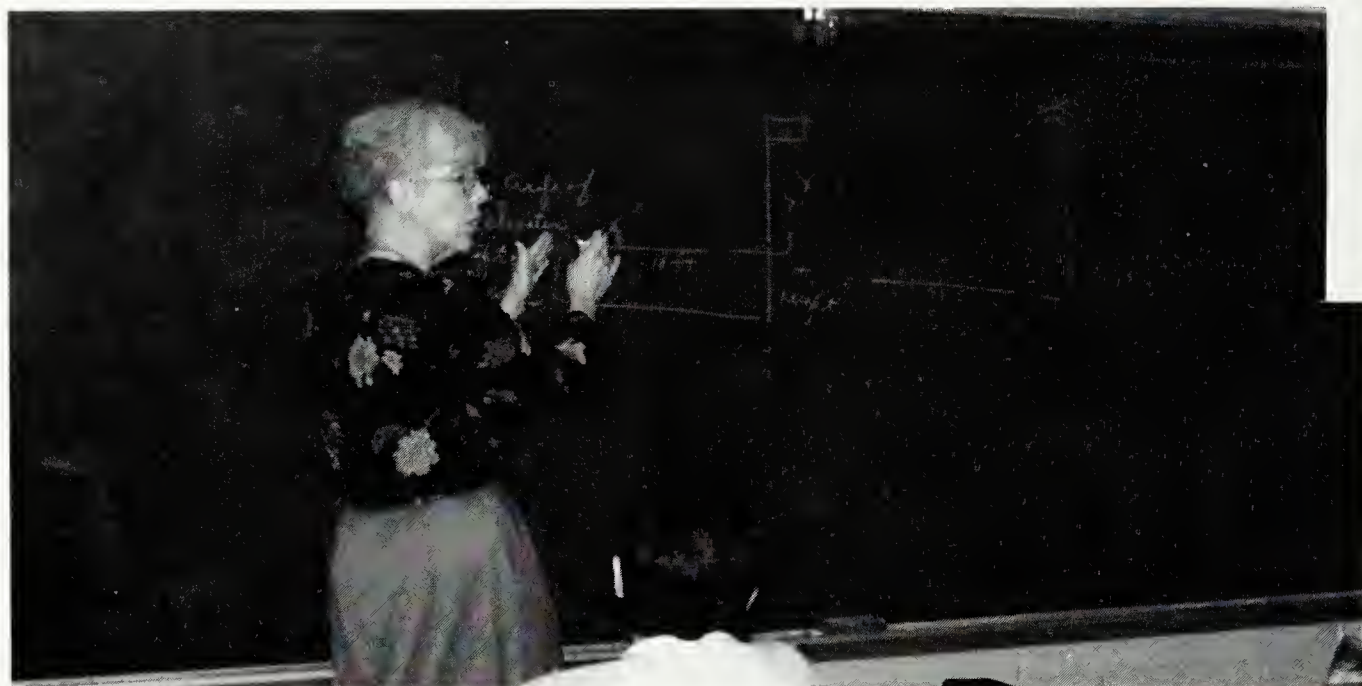
A Humanizing Experience!

For some the requirement to take math courses is considered a de-humanizing or demoralizing bookish experience. With that in mind, Potomac's Math Department has implemented several activities to "humanize" their courses. Take Mr. Robert Hall's "human equation," where stu-

dents turn into part of the problem and work through it to become part of the solution.

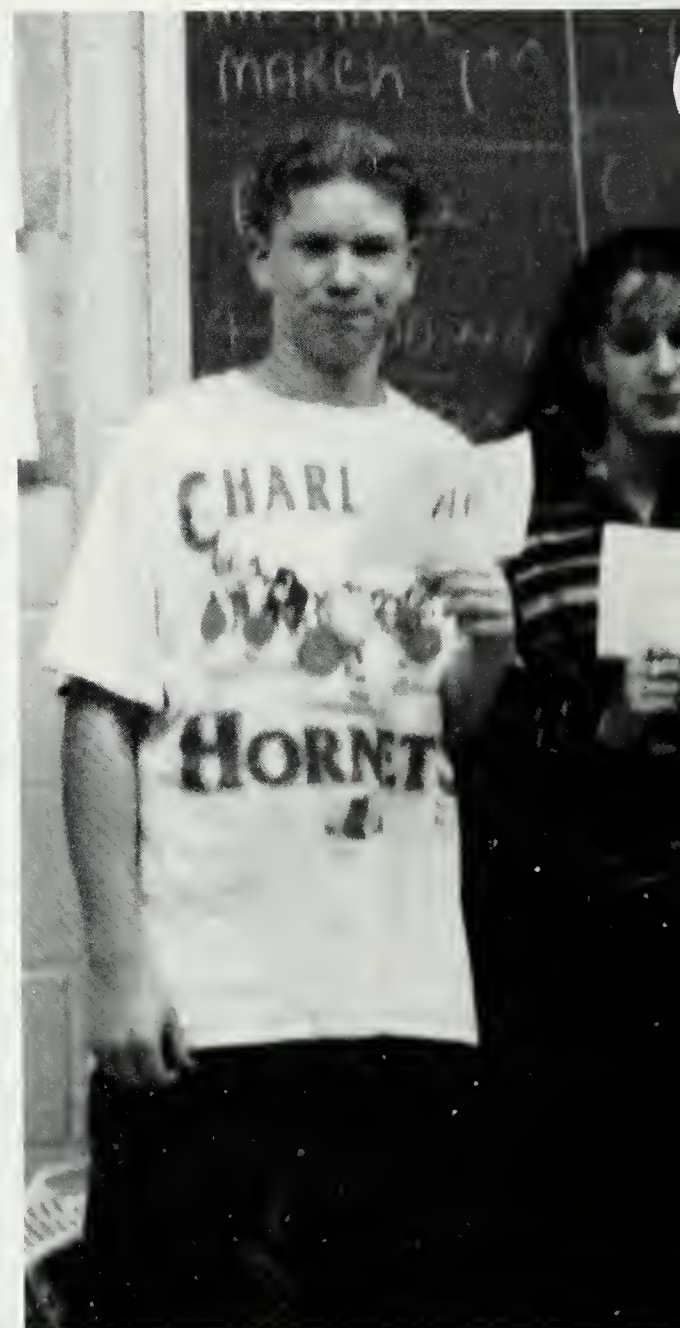
Math teachers have also worked to simplify problems, like that shown to the left, with detailed chalk drill explanations and encouraged students to test their newly learned concepts on such things like the flag pole,

stadium bleachers or fictional investment schemes. They also remind students, gently of course, that math is a fact of life. Try living without a grasp of math's logic and you could pay the IRS more than you owe and make other costly mistakes.



Math subjects have their own sequence of events. Mrs. Maureen Hajar talks her students through the steps needed for a correct solution.

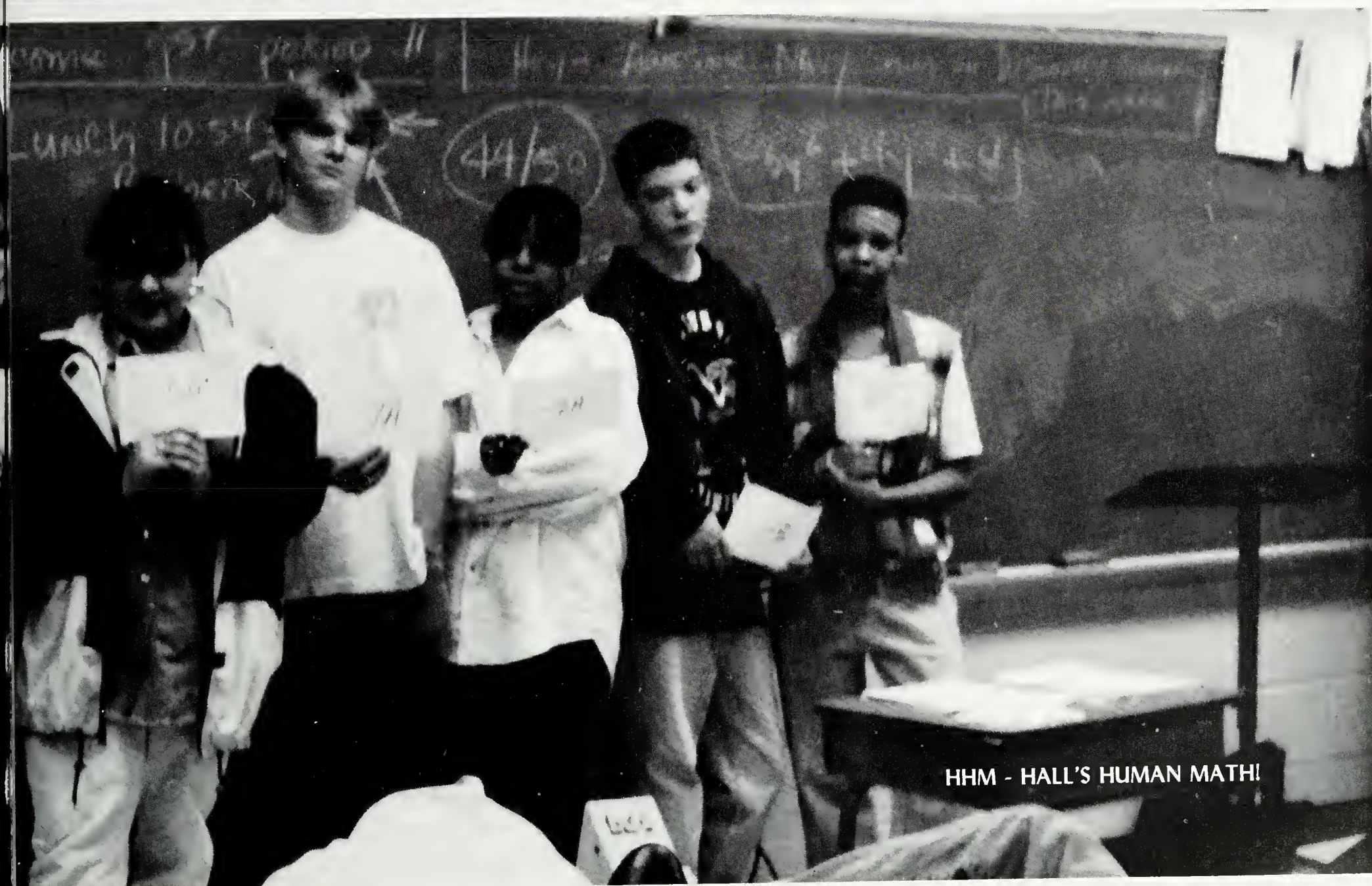
"Mrs Hjar, since I'm taller than the twins behind me, wouldn't the angle I get be a bit different in trying to measure the height of the pole?"





There is a relationship between book knowlegde and practical knowledge. Our student's learn both.

Mr. Hall's students seemed to enjoy the humanized math lesson they took part in, see below!

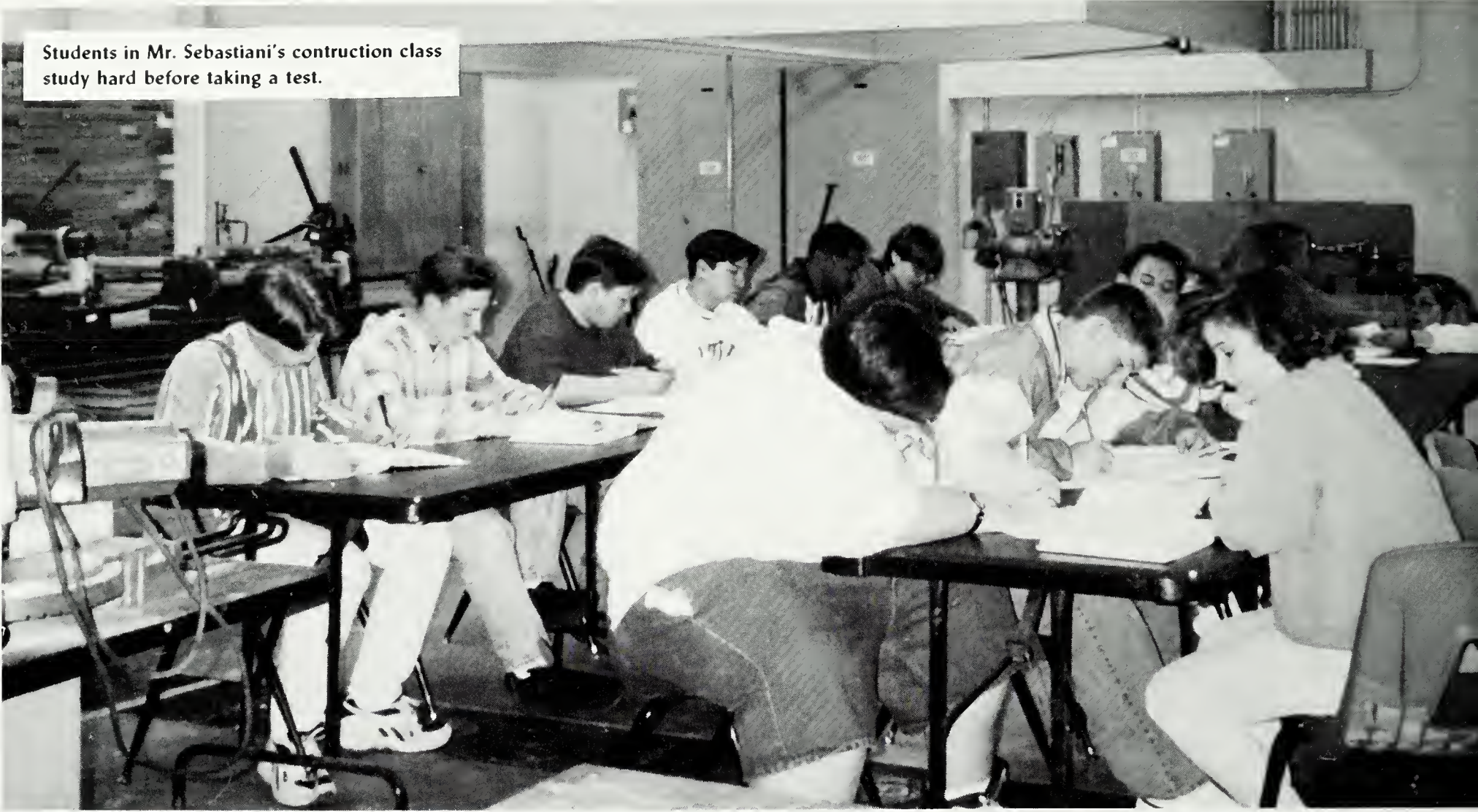


HHM - HALL'S HUMAN MATH!

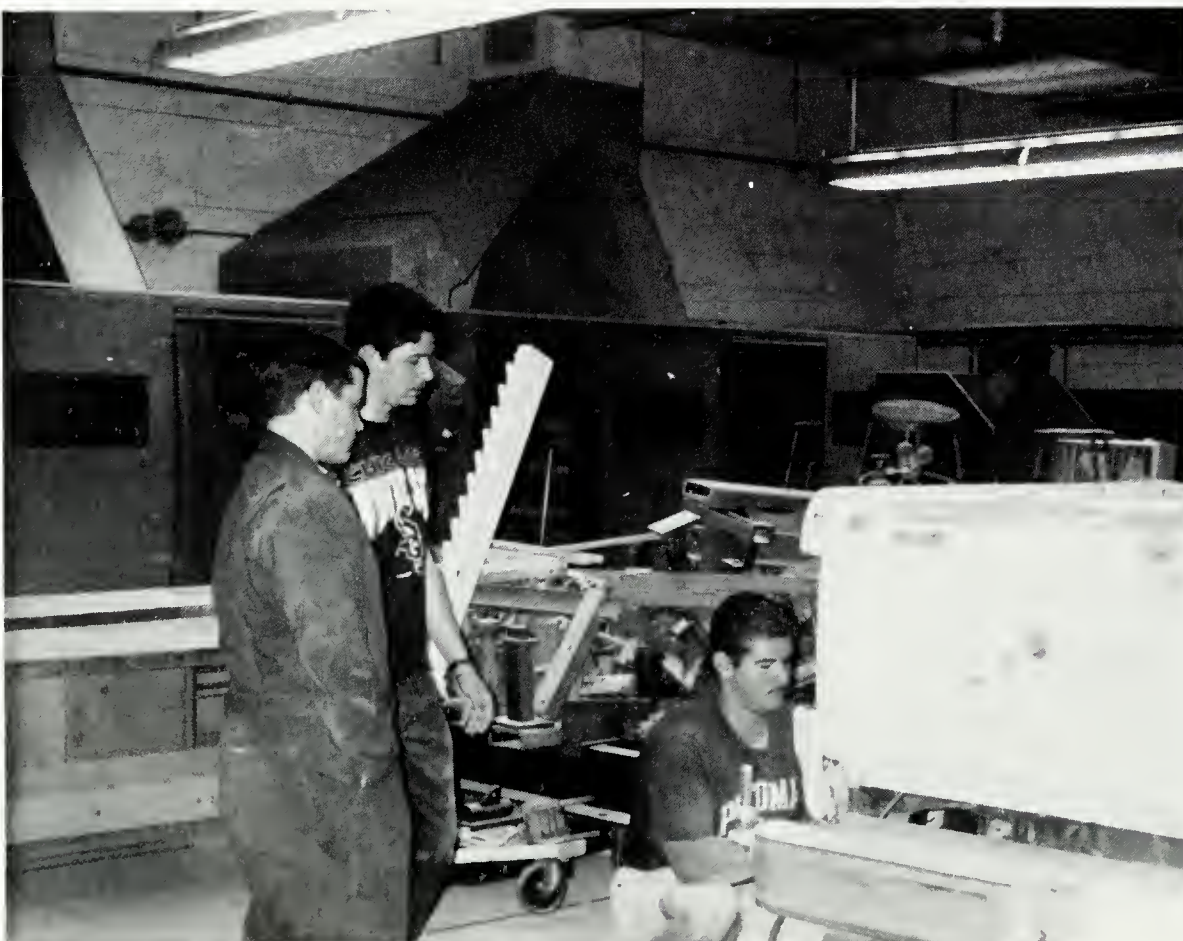


Vocational Classes

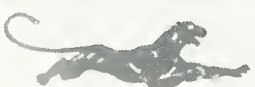
Students in Mr. Sebastiani's construction class study hard before taking a test.



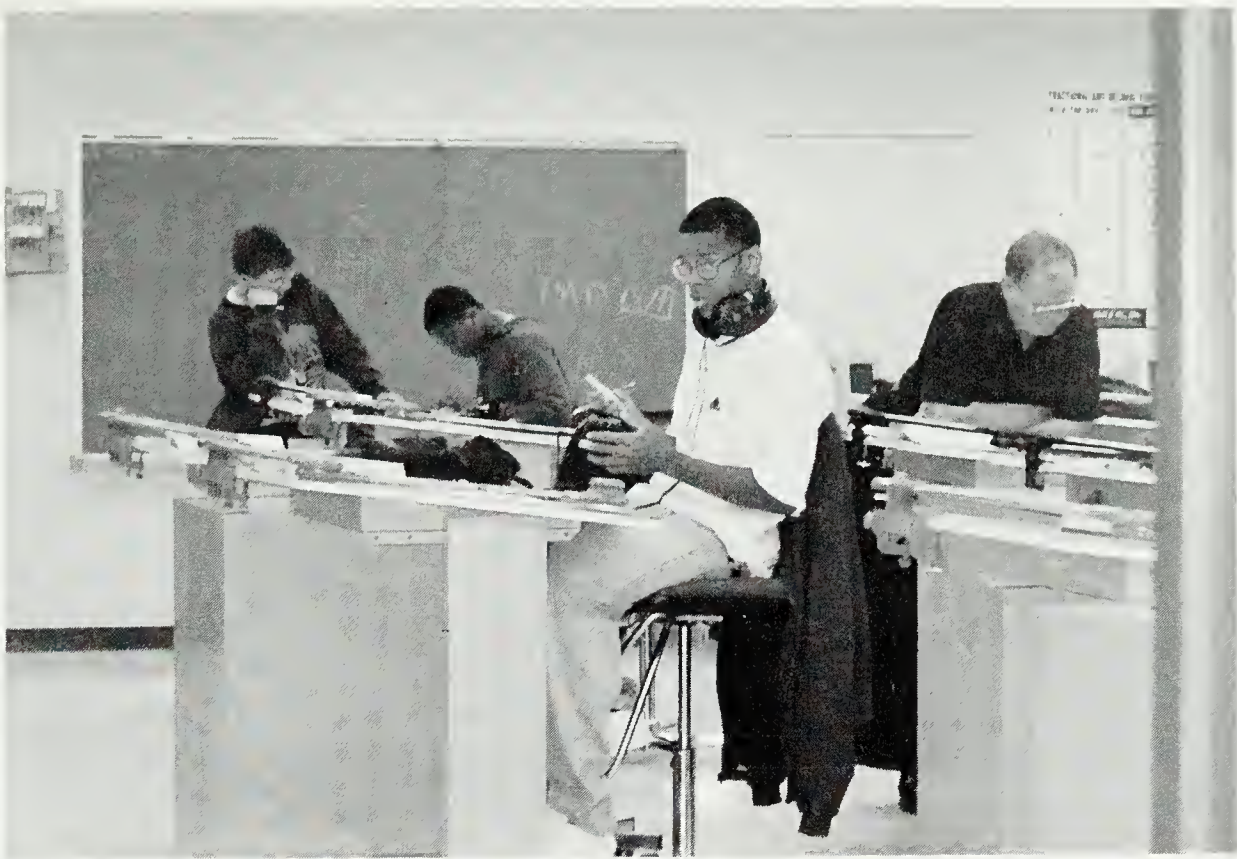
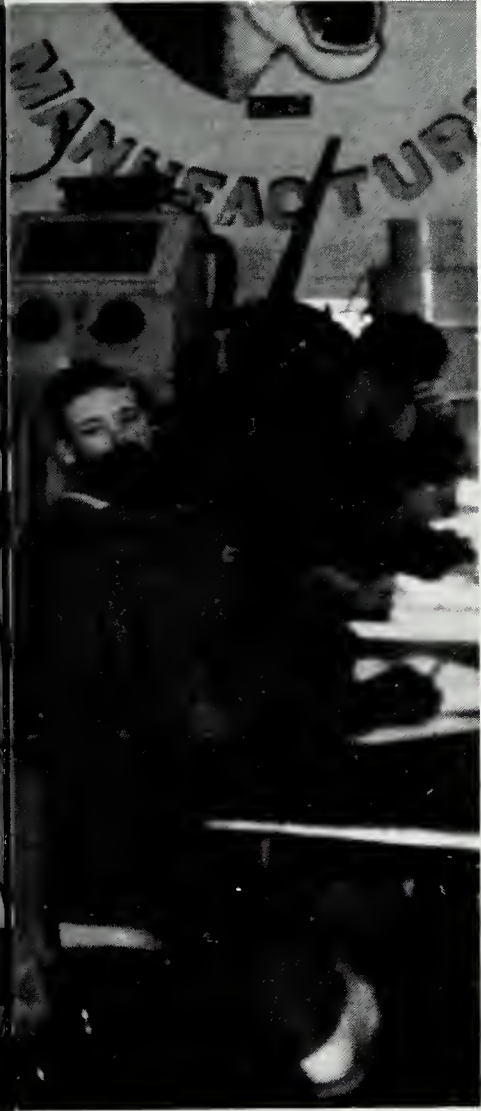
Bucky Wilson, Jimmy Queen, and Sean Raniella hard at work in auto-body class.



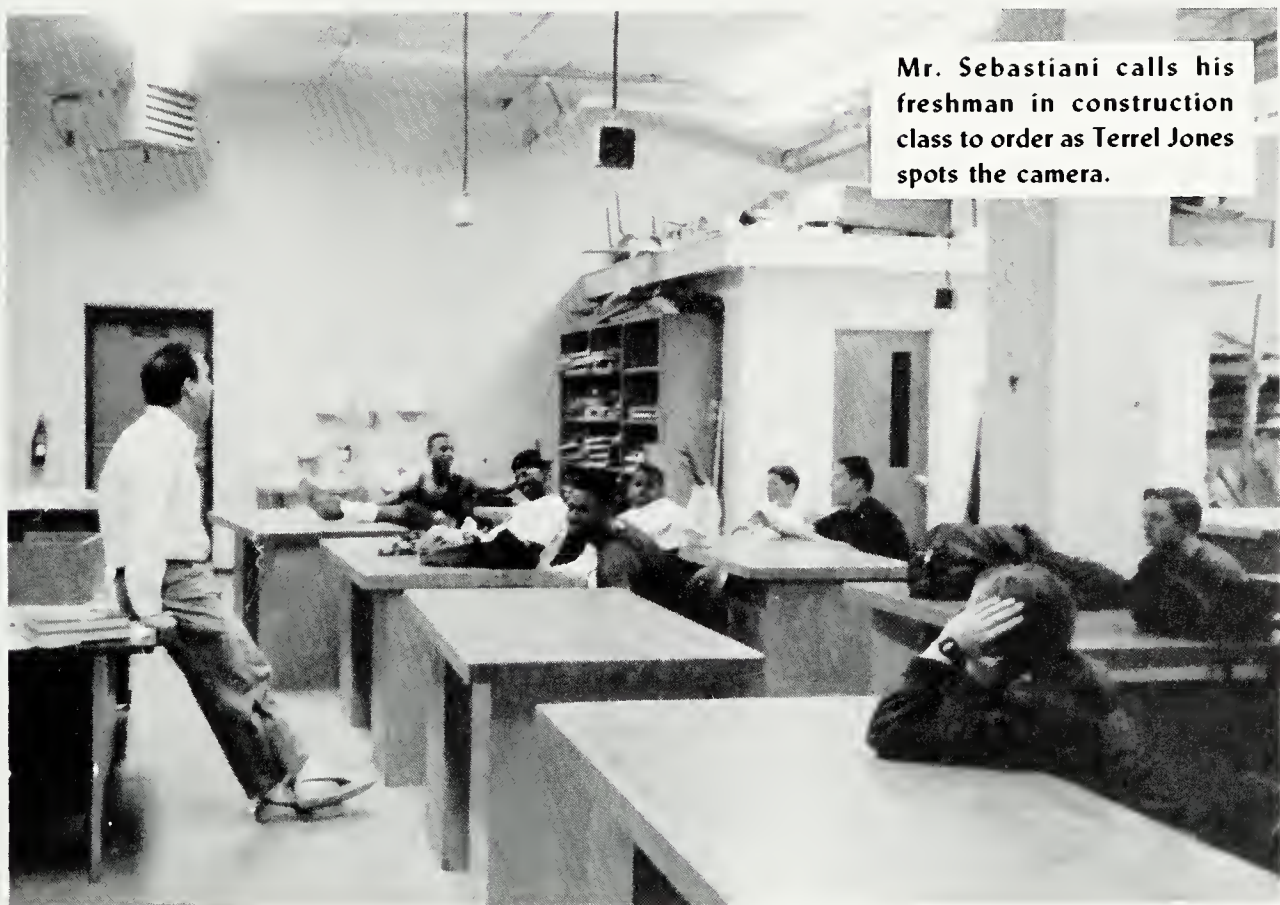
Mr. Kadis worked after school to type in everyone's grades. Scary thought!



John Goode listens while he works.



Printing can get really messy.
Tim Willingham tries hard
to keep machinery clean.



Mr. Sebastiani calls his
freshman in construction
class to order as Terrel Jones
spots the camera.



Foreign Languages

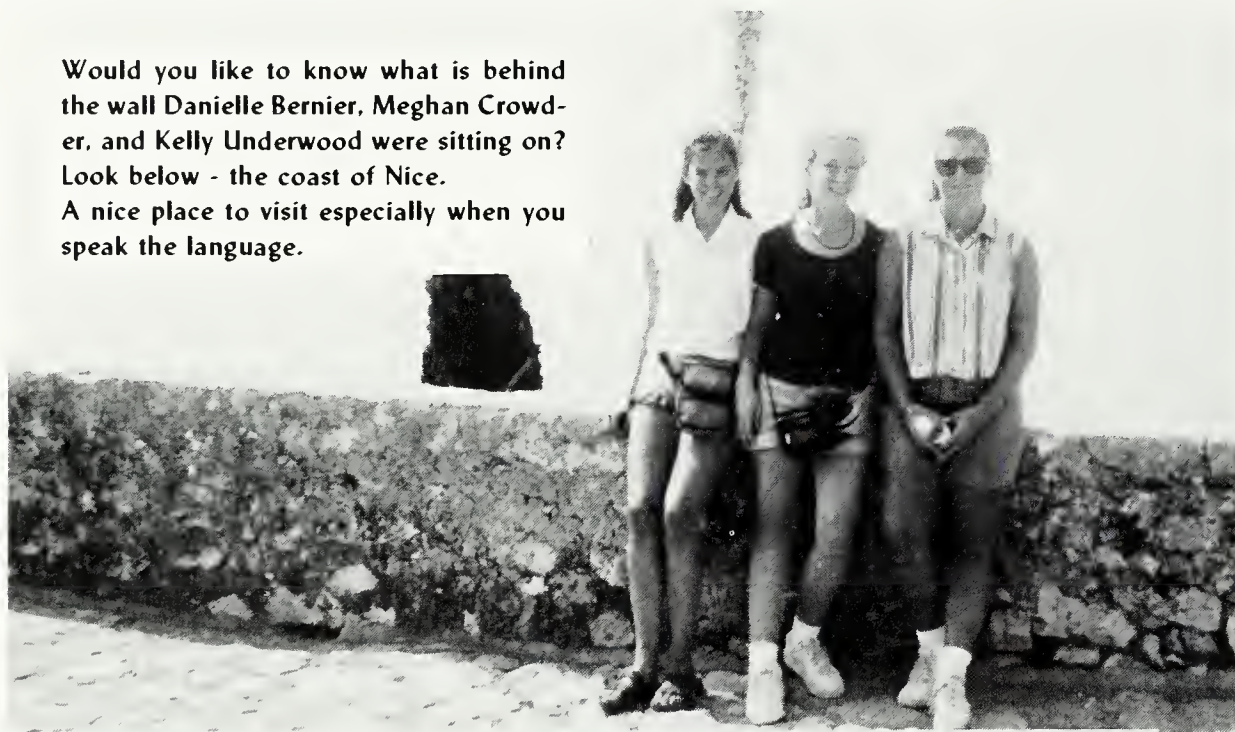
Venimus Audivimus Didicimus

Foreign languages! Why? Well, for starters not everyone in the world speaks the same language. Additionally, people need to be able to share ideas, conduct commerce, and should be able to enjoy the arts and customs of different peoples. In short, understanding one or more languages will make life better for all. English may be our native tongue, but did you ever stop to think what

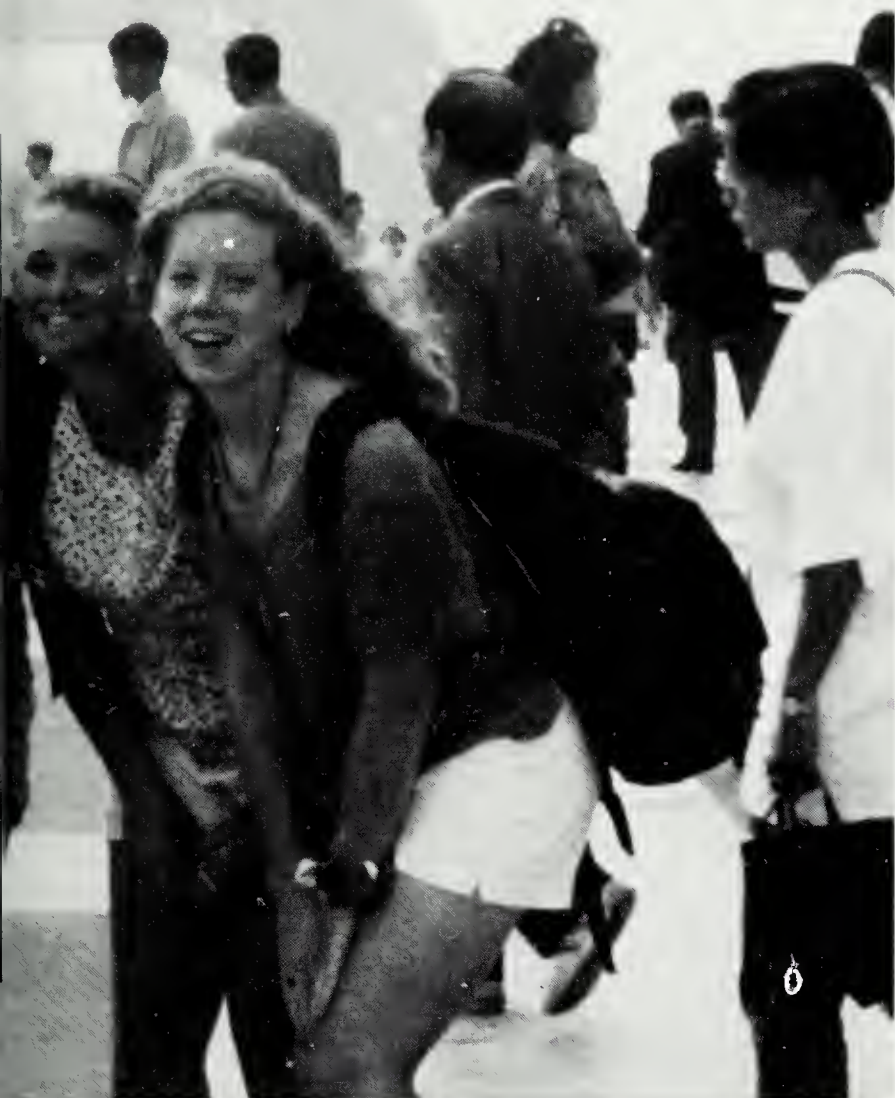
we would do if the Spanish had not given us the "patio;" or what would have happened to our table manners if the French had not developed eating to an art form. Just think of the impact on medicine and law had the Romans been stingy with their Latin. Also, think of all the German words that have been assimilated into our speech - "Offen to Open, etc." Venimus, audivimus, didicimus should mean quite a

bit to those who take a foreign language at Potomac. Students are able to come, hear and learn more than reading, writing and arithmetic. Today's world is "shrinking" and to maintain your spot, flexibility is needed. Foreign language learning helps you to do just that. Some students even got to apply what they learned in class while on tour of France and Italy during the past summer.

Would you like to know what is behind the wall Danielle Bernier, Meghan Crowder, and Kelly Underwood were sitting on? Look below - the coast of Nice. A nice place to visit especially when you speak the language.



No, that is not a photo of the Eiffel Tower in the background. Its the real thing. Yes, some of the people in this photo do go to Potomac, and they were expected to speak French while in France.

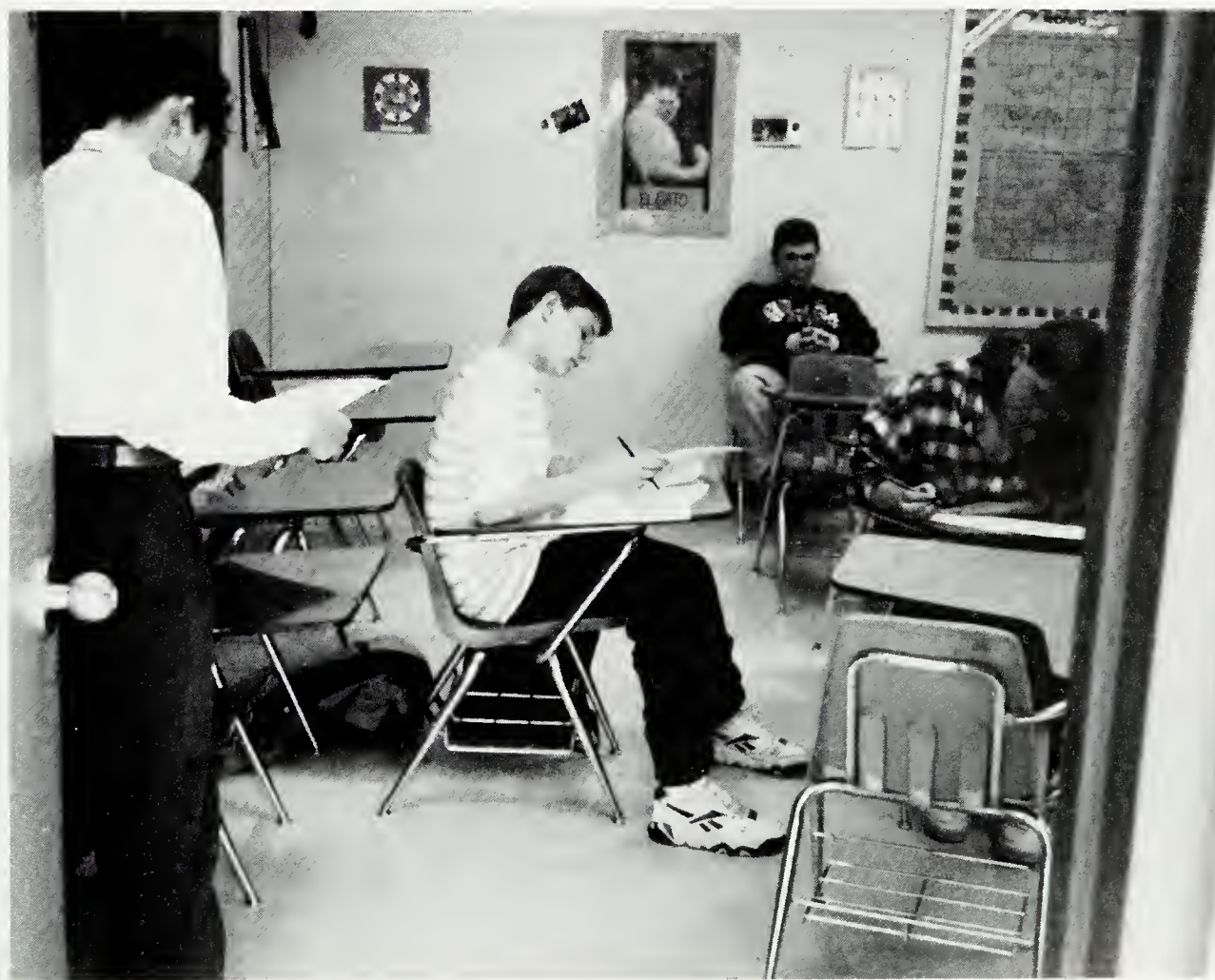


Rumor has it that a great deal of effort was expended by some students to come up with a good imitation of Mrs. Miller during the trip. Kelly Underwood won with the aid of some sunglasses and a selection of belts.



Mrs. Gentry we know Germany makes great lenses for cameras. When we get one maybe we can sit in on your class to learn how to read the instructions, if that's OK with you and your students.

To ensure that everyone has an opportunity to master the foreign language they have selected, teachers like Ms. Dragon make time after school for students to come in and catch up on their Spanish lessons.



FHA/ HERO

Now Not Later

Skills for life can be learned in a Home Economics course. Its not a girl thing or guy thing course. Its a people course, designed to enable students to master the skills we often take for granted. Say you have just been told that fifteen people will be at your door for breakfast. No, you can't do a McDonald's run. What are you going to do to have everything ready? Well, just do a quick review of this page and you can pick up a few hints.

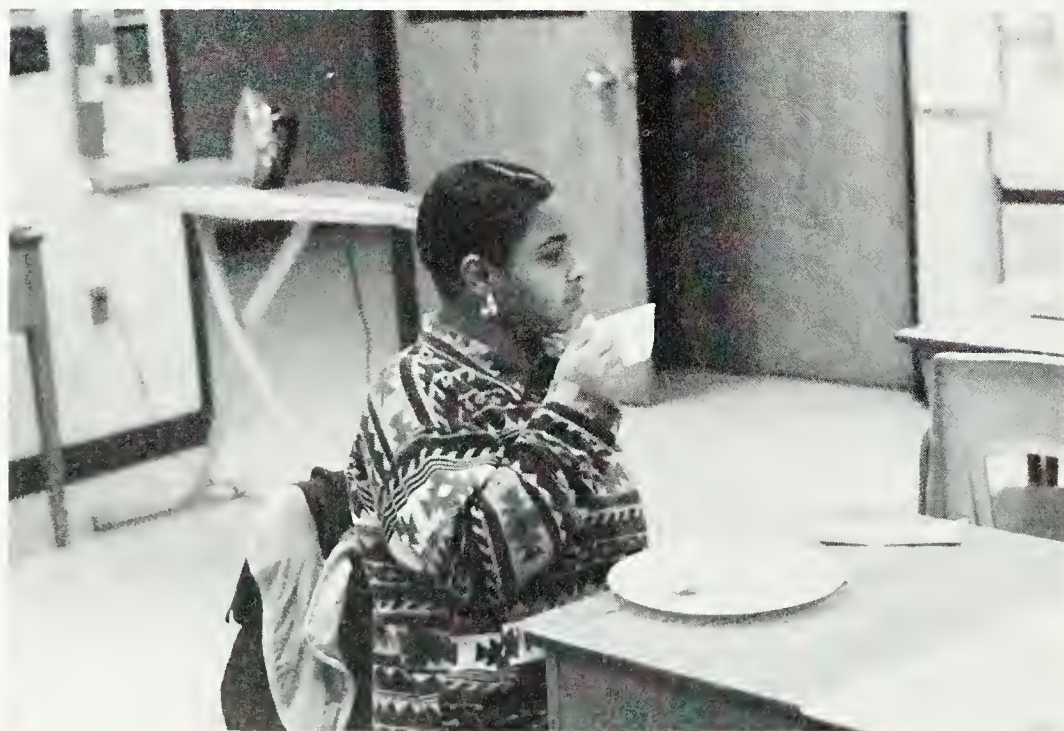
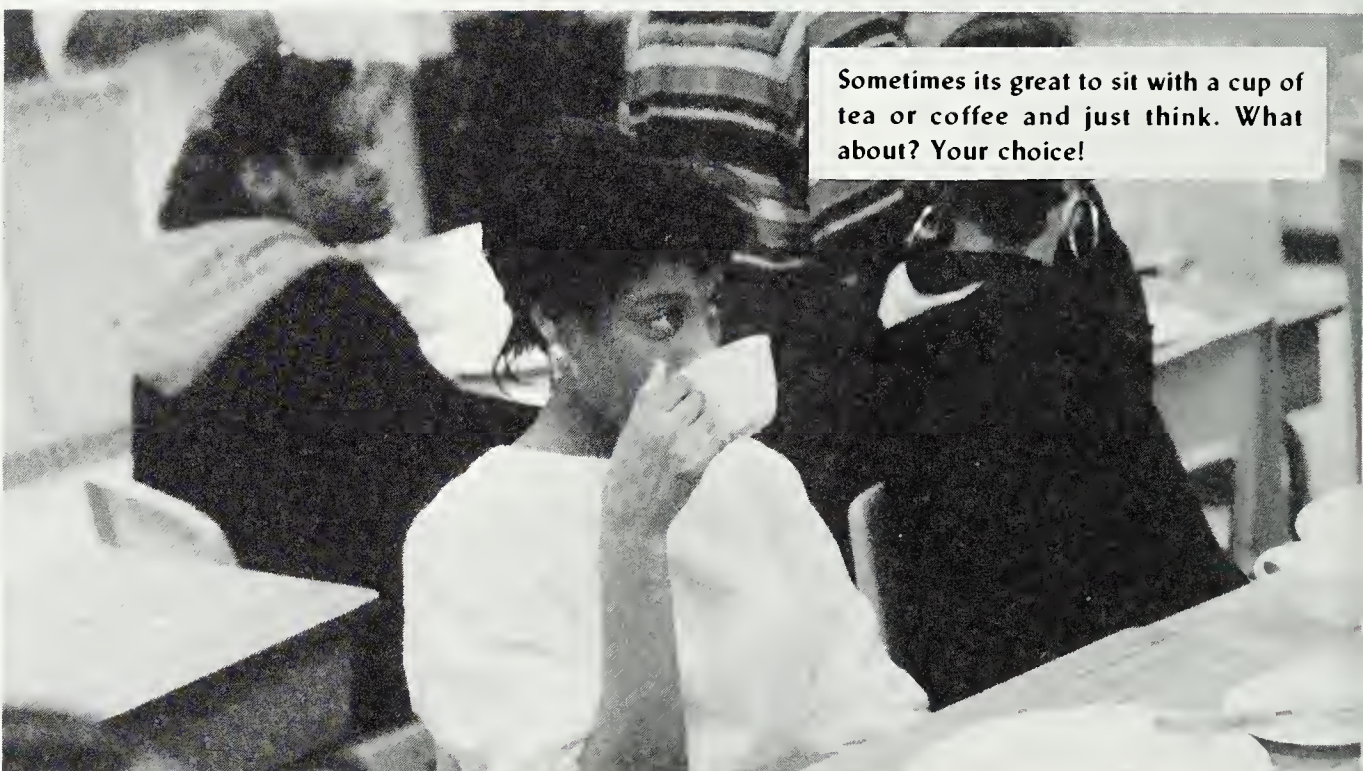
Better yet, get involved with the Future Homemakers of America FHA/HERO and learn about home economic related occupations during prime time. FHA/HERO is the only in-school organization with family life as its focal point. It is unique among youth organizations because its programs are planned and run by members.

"Home Ekers" through FHA/HERO compete in national level competitions. Last Spring, Kelly McIntosh was announced as a national gold medal winner at the Proficiency Events Design Competition in Orlando, FL. If you want to be ready now for life rather than later, check this course and club out!

Mrs. Jones demonstrated the merits of blended versus shaken orange juice.

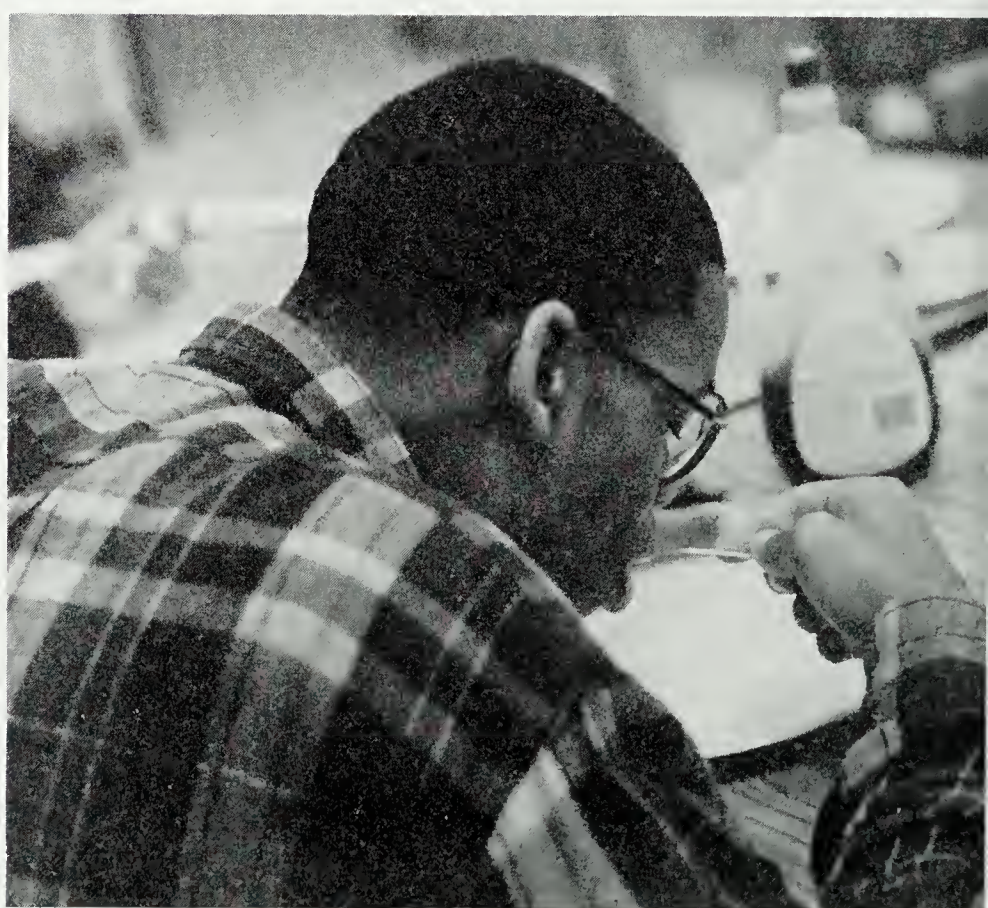


Sometimes its great to sit with a cup of tea or coffee and just think. What about? Your choice!

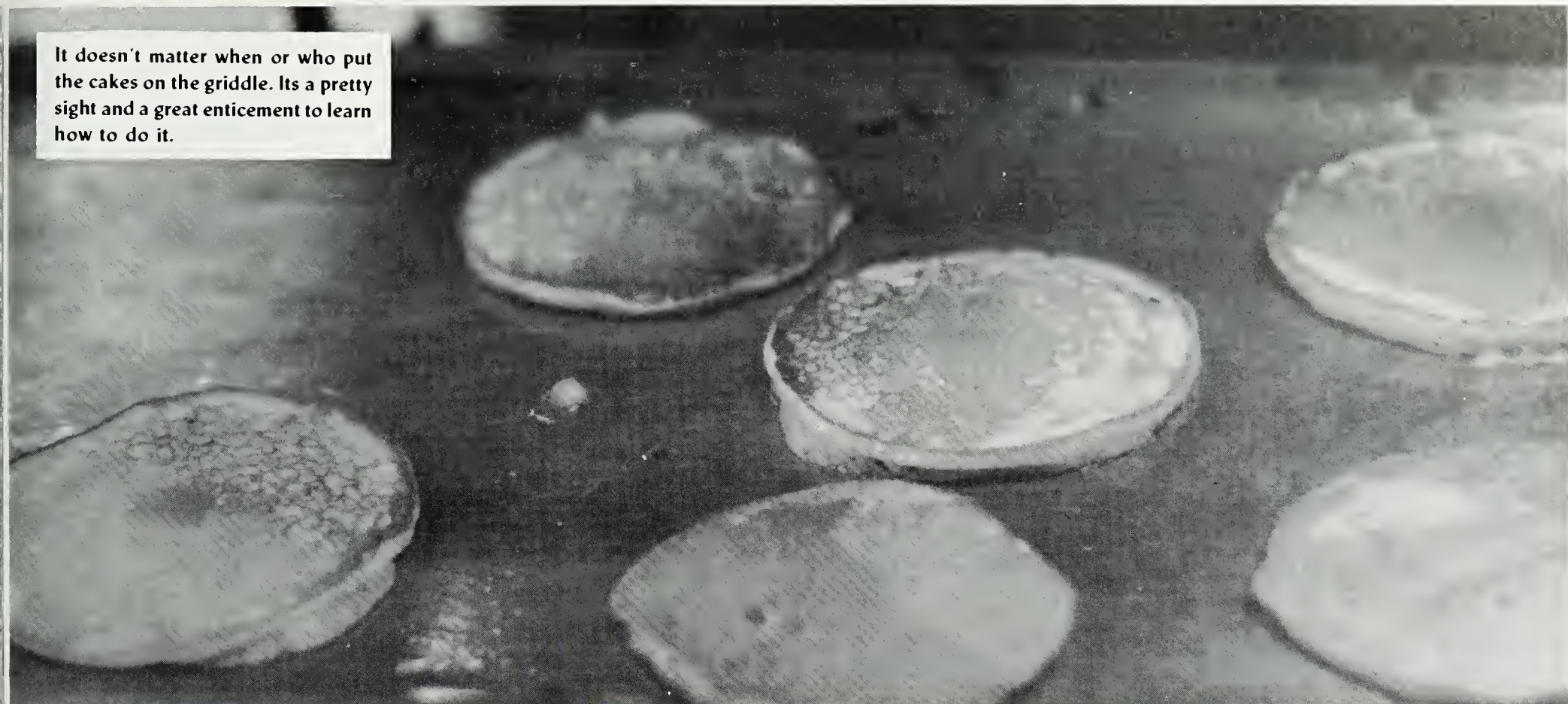


Whether you are at home or school, everyone enjoys a break and most would welcome a cup of tea like Nanika Powers did.

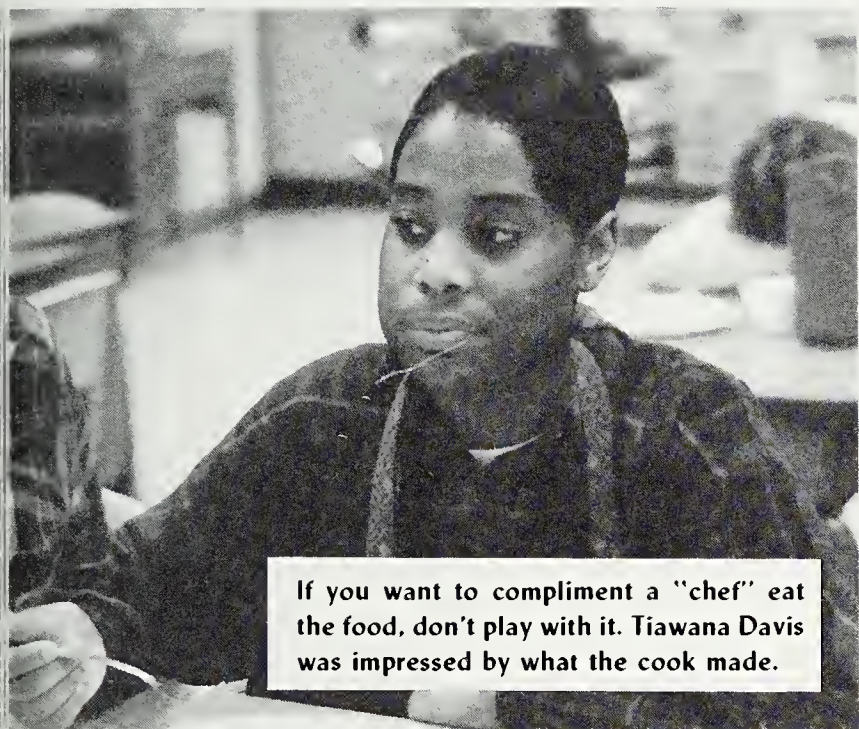
John Goode had to beat out some stiff competition to become an unofficial class "taste tester."



It doesn't matter when or who put the cakes on the griddle. Its a pretty sight and a great enticement to learn how to do it.



If you want to compliment a "chef" eat the food, don't play with it. Tiawana Davis was impressed by what the cook made.



Unfortunately cooking has a down side that must be addressed - cleaning up. Any question?

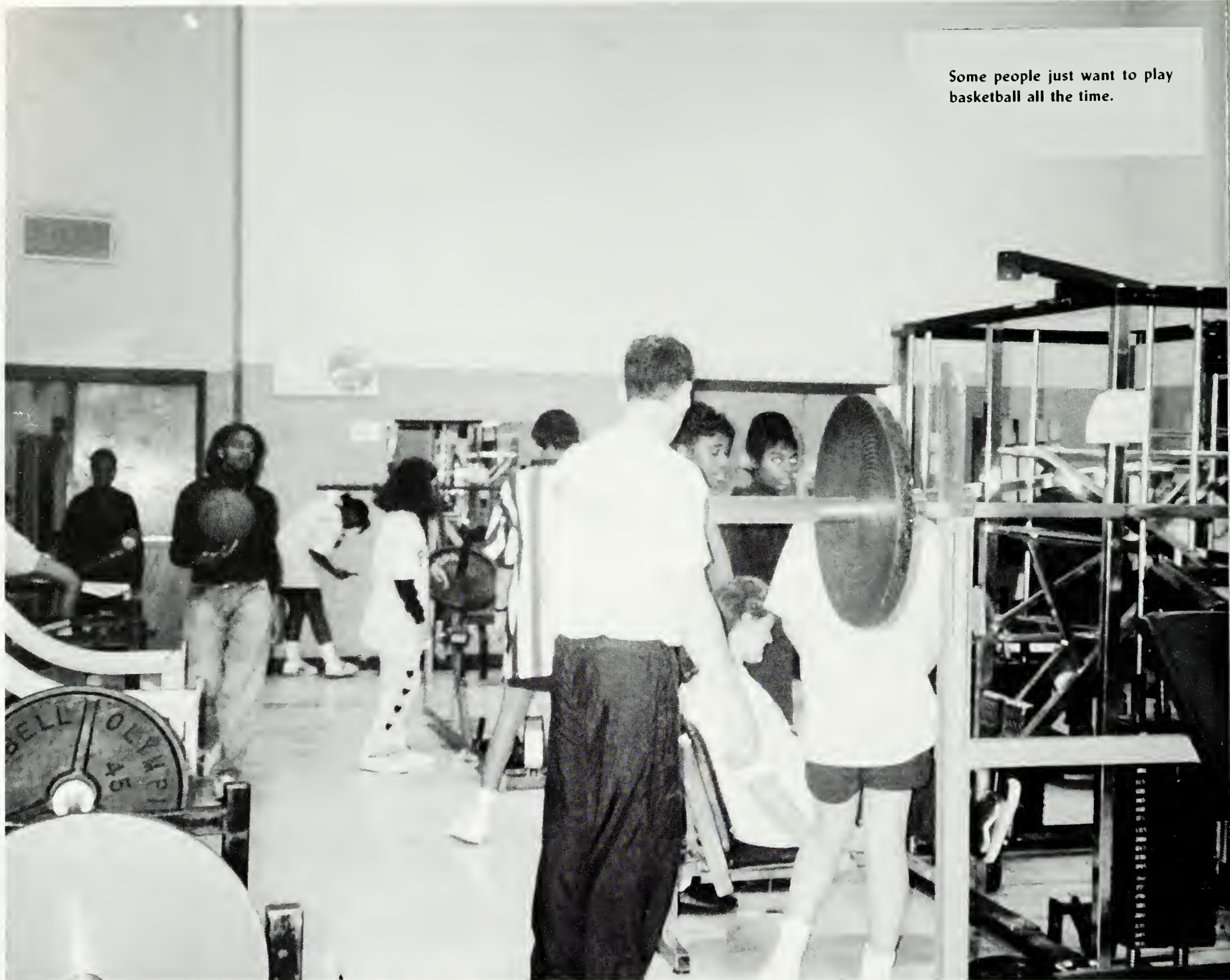


Have you ever see a student who could not eat at any time of the day? Home Economics food preparation classes usually do not have leftovers. Taste or Hunger?

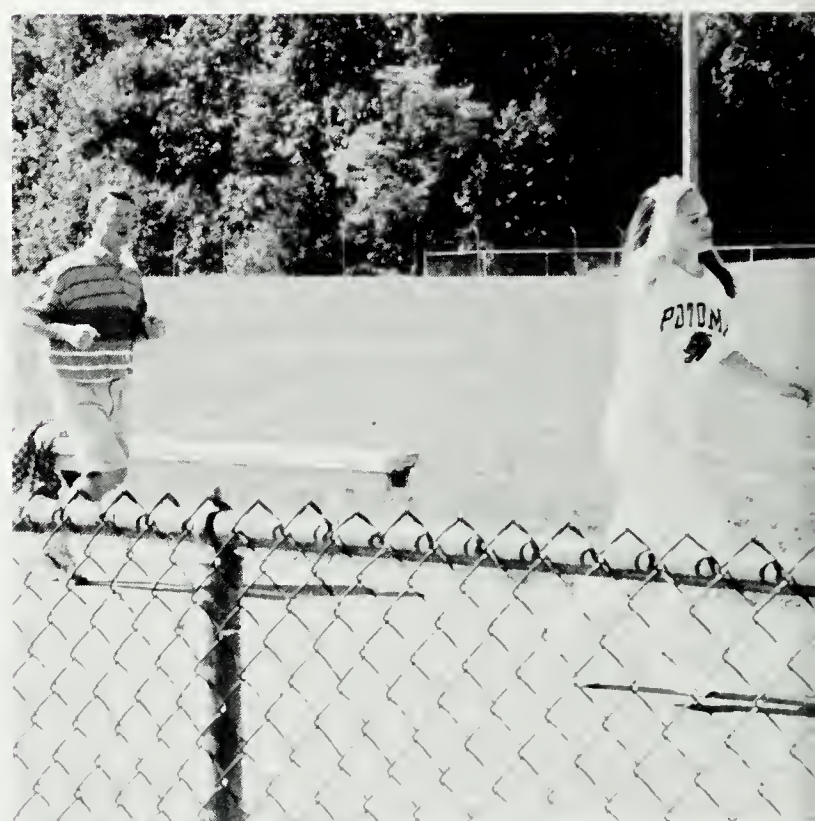
Ken Sorrell was sent out to get a story on Home Economics. He liked what he saw and smelled, and convinced his hosts that he could do a better story if he was able to taste. Well, Ken?



Some people just want to play basketball all the time.



"This is easier than I thought."- Lauren McCorry



"All this running is getting to my head!"-Erica Villeda



P.E. - Learning To Use It

This subject generates an astonishing number of diverse comments. Compare "I've had P.E. 10 for two years now and I guess I'm going for three years in gym. Its not my fault. I hate P.E. and the teacher doesn't like me!" to "P.E. is my favorite period. I have fun and can earn a good grade!"

The difference in opinions is nothing compared to the variety of "subjects" covered in P.E. - soccer, baseball, bas-

ketball, volleyball, track, weightlifting, aerobics, etc. Besides P.E. 9 and P.E. 10 there is also an Advanced P.E. course for Juniors and Seniors who really enjoy learning more about their favorite sports. But most importantly, P.E. teaches discipline, leadership, teamwork, and how to maintain a healthy lifestyle.

The second part of this subject, Health, teaches students about the importance of a good mental attitude through family life.

You also learn about CPR and First Aid so you can be prepared for the emergencies that may happen in everyday life. Another part of the subject is Driver's Ed. Students learn how to drive by the book. Even better, they get an opportunity to get behind the wheel and drive out on the range. So as you can see, Health/P.E. is more than just playing basketball and trying to slam. P.E. teaches you skills that you can use for the rest of your life.



Don't let the number fool you. This is not the Indy 500.

"According to statistics, Americans are becoming more sedentary. Students need to realize the importance of a healthy lifestyle!" Mrs. Gregory



Reaching for the goal. Or should I say rim?

Springtime brought out the flowers, the rain, and of course the baseball players.



Music

Trail Traveling Music

Many people on the move, students included, find a bit of music eases the stress of the journey. Potomac's Music Department did a first rate job on helping all concerned move along on the Four-Year Trail this year. With a string of concerts, competi-

tions, and block scheduling to contend with, Mr. Allan Weber and Mr. Gary Zolman kept music students on track learning and demonstrating their skills to the most critical of audiences - a student body.

Interestingly enough, most music students enjoyed their block sched-

ule classes as they found they could learn more and practice better in an extended class. The skills the students gained and polished during class helped them earn a great deal of recognition for Potomac and provided some enjoyable trail music for their peers.



Most musicians will play for the sheer pleasure of it, but it helps when peers recognize talent. Our Orchestra stood for a well earned applause after one of its spring presentations.



The Camerata Choir (left) continued its tradition - no instruments - just harmony.



"Artists" love photos, which is why Barbara Hashida and Jorge Vega posed for this one.

Solos generate pressure. Tia Meeks handled it beautifully with a "Schindler's List" tune.





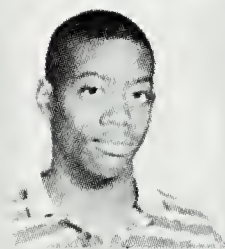
The Concert Choir took us all up and down the trail of emotions with their songs.

If you are into "deep" music you should hear the Bass Choir. They go (below) low!



Every choir needs an anchor. Mrs. Brown is that and more. Try staying on pitch without her!

"Ninety minute classes...my arm gets tired from holding 'Paco', my violin." - Arlynn Flecker

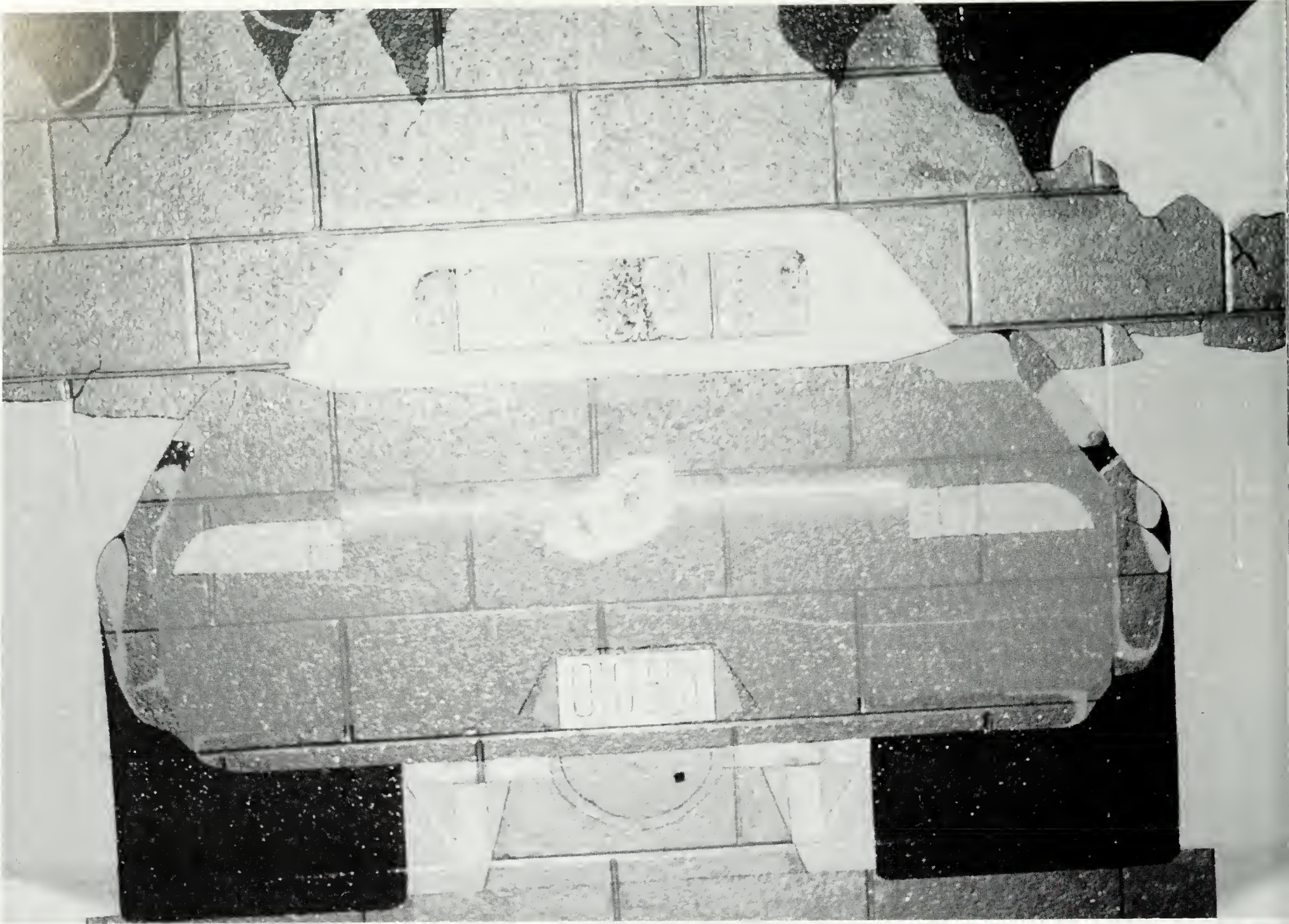


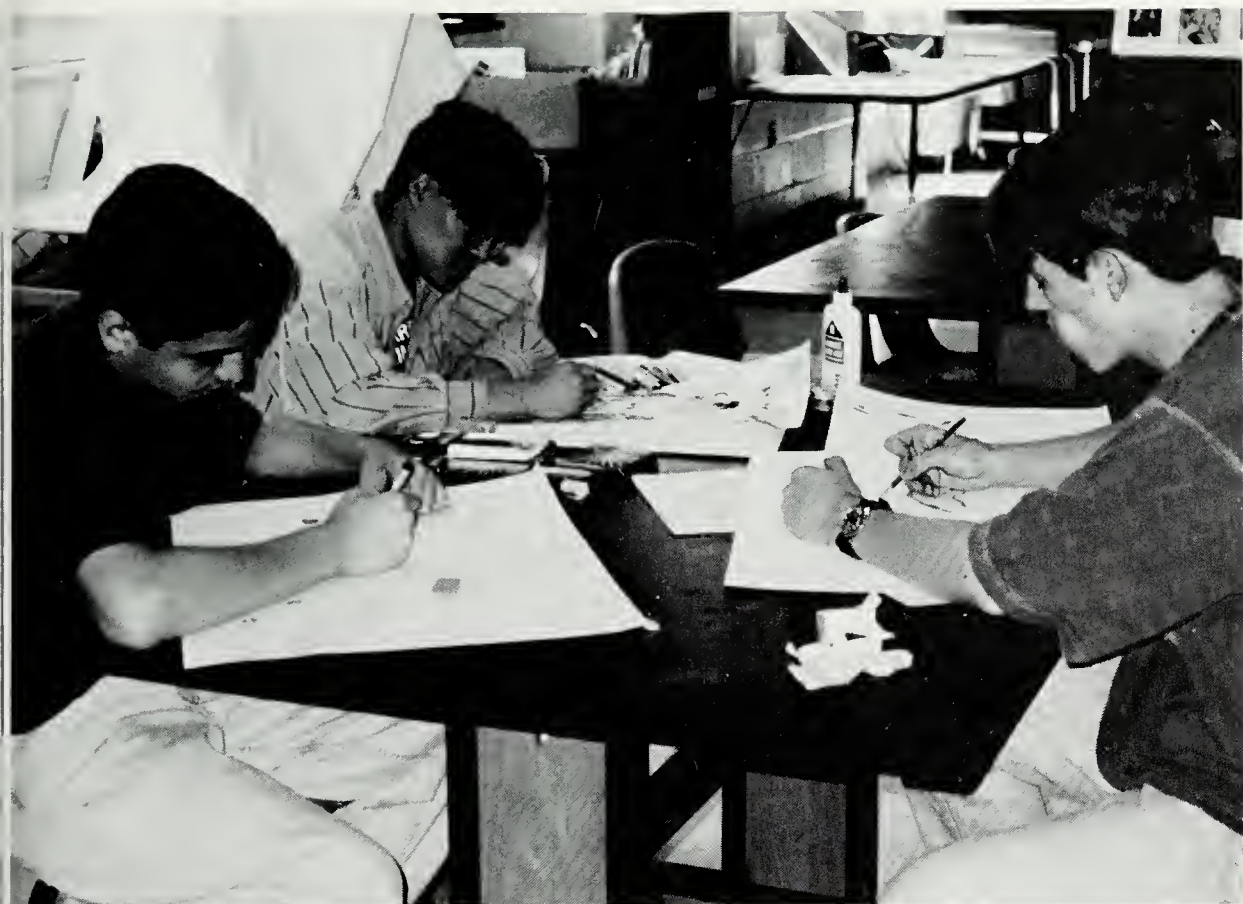
"I like ...music for ninety minutes..." - Brian Elmore



Musicians are able to handle it all, like Heather Leach and her bass fiddle.







Paintings, like the one in the auto body hallway, demonstrate the creativity of our students and help to decorate the school.

Portfolio Preparation students caught in the act of developing their ideas. Their finished ideas will be found displayed throughout the school and submitted for competitive judging.

A FINE piece of pottery, completed by one of the students from the art department, is set aside to dry before being fired.



A Few Thousand Words

A picture is worth a thousand words. The students in the various art courses, offered at Potomac, can testify to that. For some art comes naturally, for others it takes time to acquire or develop their skills. Contrary to popular belief art is not the easiest of subjects. You need an open mind, determination, and mechanical skills to use a pencil, pen, charcoal, paint, etc., to "create" a work of art. "When people create something they say about them-

selves through their work; you can tell what kind of mood they were in or what they were thinking about," said Benj Brown.

A new program, started by art teacher Mrs. Carolyn Leggett, gives students a chance to create pieces of work by themselves and at their own pace. The course criteria requires students to prepare 60 to 65 pieces during the year which are sent out to be judged. "The class combines students with different levels ability - from Portfolio Prep, and Art 5,

to Advanced Placement Art.

"It helps the students create things on their own level, while also learning from the others in the class," said Mrs. Leggett. One student, Ray Vialpando said, "I can easily express my feelings and talents because the class is so small. I get more attention from the teacher." Being in any art class in the school helps to bring out the creativity in a lot of students. "We can use our own ideas instead of having a set criteria to go by each day, we just

work on what we do the best," said Jeni Ruth Nix. If you don't think you art is for you, there are plenty of elective classes to challenge the mind, but most find they actually have a creative side they never knew they had before and like it. - Stacy Goldsmith

"You have your own ideas, but at the same time your creative side comes together with the rest of the class." - Min Kim.

Art students can use many mediums to express themselves, such as the oil pastels and paper being used by Bree Sutherland.

While students watched intently, Mr. Mike Babuschak's demonstrated how to break a complex art technique into simple parts for them to work with.

Jeni Ruth Nix unwraps a dried pottery piece to get it ready for the kiln.





Breaking Buzzard's sunglasses seemed to make Travis feel a little better. He had been a bully all his life because it was the only thing that made him happy.

Hunter feels betrayed by his friends Alex and Travis, because they won't beat up Scott, while three "friends" look on, relieved.



"It was great to see everyone interact the way they did to make the show a success."

- Jessica Jaspin



Before school Brooke talks with Jen about her plans to be popular. Being cool

was one of the main issues facing the students in the play.





Some of the cast wonder what the rest of the year will bring now that they have confronted their problems.

Mrs. Eden added the finishing touches to Nathan Hunsaker's make-up before the play, while Janaye Felder observed.

Language Arts' Drama I - Makes It!



"... to give the students a total experience in theater:... individual accomplishment, the rewards of teamwork, the difficulties, the hard work, and, of course, the joy of creating great memories."- Mrs. Eden

This year, for the first time, the Drama I Class, directed by Mrs. Harryette Eden, was able to put on a full-length play. Makin' It by Cynthia Mercati, was a well performed student production. There were two performances of the play in February, one evening show for parents and friends, and then during a school day for selected students.

The play dealt with the pressures teenagers face and must cope with in order to make it through, in this case, Piedmont High. The show had no real main characters. Instead it gave a little insight into everyone's troubled lives.

Brooke, played by Cara Mayberry, had to decide

whether she wanted to change her personality to fit in with the "in-crowd" or be herself and not be so popular. Hunter, played by Thomas Kurylo, was the cool, rich kid who got all the girls and had all the money but was never truly happy. Belinda Sisk played Barb, a girl who overcame her own insecurities by making fun of others. Shawnte Morris played Sharon, another member of the in-crowd who had something to hide. In her case, it was bulimia. Scott was played by Robert Saliski. He was a kid who did whatever he wanted to do and didn't care what other people thought, including his father, played by Nathan Hunsaker. Brian Graham played Howie, a typical

nerd who was so easily and often picked on. Dan Yalch was Buzzard, the not so cool "non-conformist" who made everyone laugh except his teacher, Ms. Cozlowe, played by Erika Villeda. Other members of the cast included Janaye Felder, Cynthia Barley, Stan James, Heather Barley, William Skidmore, Steven Pence, Kyle McPherson, Dan Soloman, Amanda Clarke, Leah Taylor, Jessica Jaspin, Harold Woltering, Anquetta Blount, and Ana Christiennasson.

The crew consisted of Justin Ellis, Jimmy Hanson, Joe Altobello, Alex Portualuppi, Thaddeus Kwiatkowski. The play turned out to be a wonderful success.
- Hall and Stanley



Higher education costs big bucks! Mr. Thomas Giska helped students find ways to cut costs.

Mr. Joseph Cardinale shared his shop secrets freely. However, when it came to his chili rumor has it that no one has enough money to buy his secret recipe.



Did you ever stop to think that to teach music you had to be able to play an instrument? Check out Mr. Gary Zolman and his horn. Did you hear the note he hit?

Sometimes teachers get to mix their love of teaching with their love of sports. Ms. Sharon Gregory is one of them.



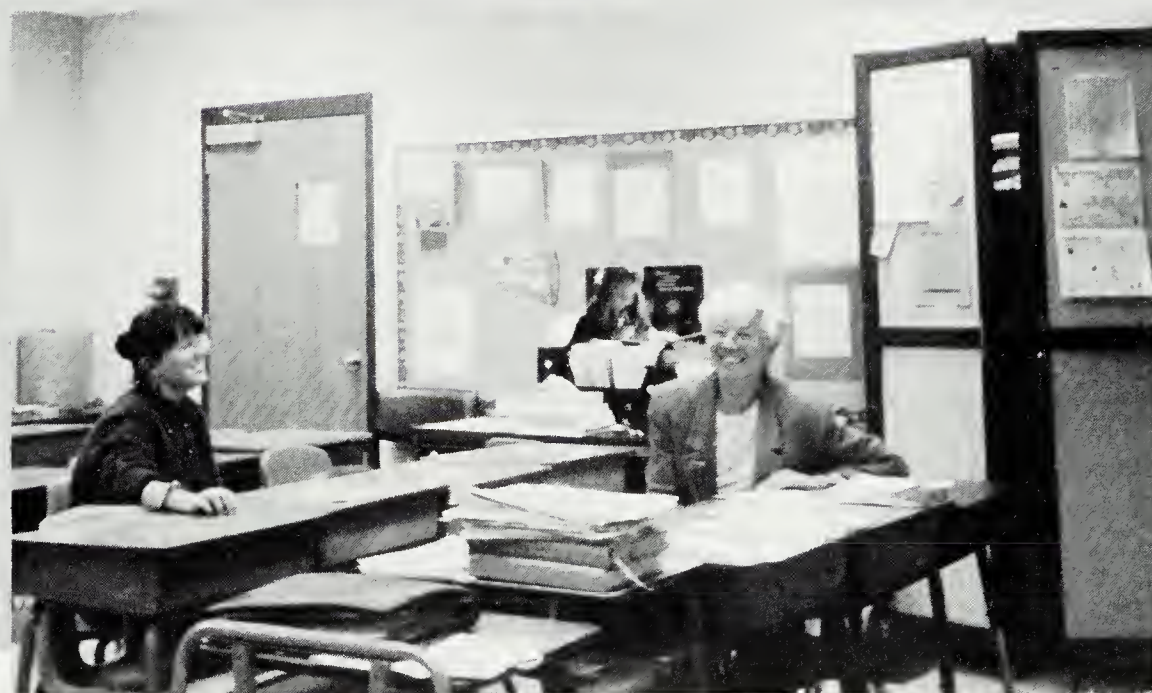
Faculty



Q: Did you ever wonder what would happen if teachers could not use their hands in class, Mrs. Debbie Neuhard?
A: Not much!



How do you tell a head coach (Kieth Jones) from another coach, since they seem to act alike? Well, a head coach gets to use a head set without having to share it!

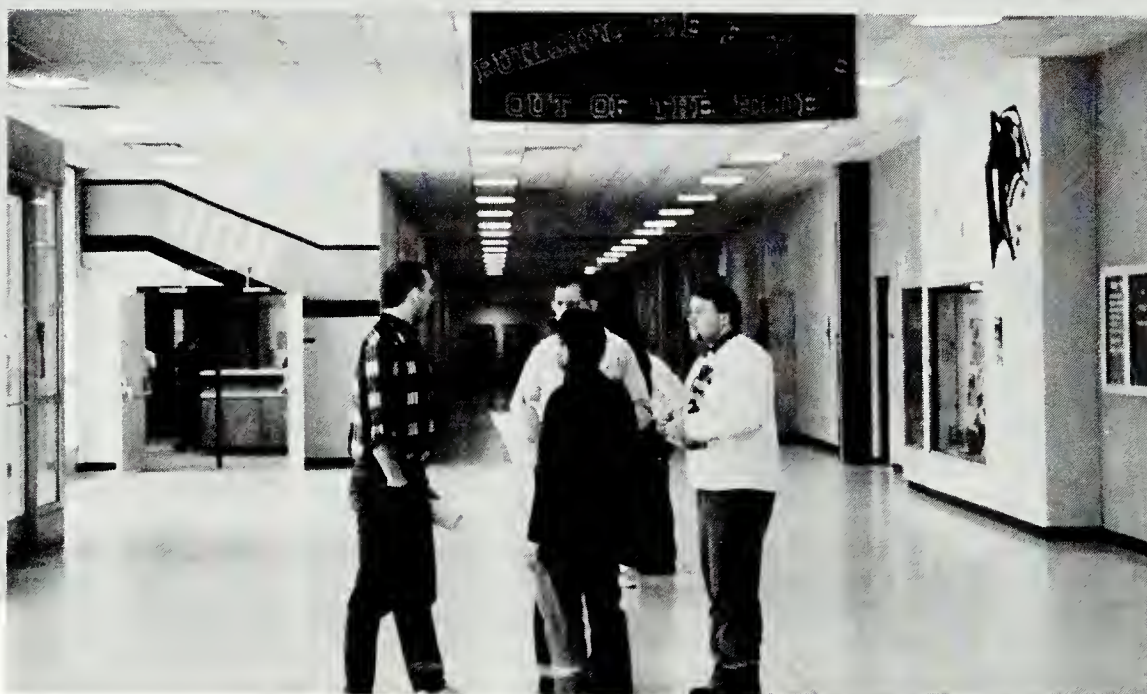


Yes, teachers smile! Mrs. Maureen Hajar and Ms. Kathleen Collins did not pose for this photo!



Staff

If it deals with attendance, and accuracy is required, then Mrs. Dianna Hobbs is the person you want to deal with. Except, do not ask for something "yesterday" unless you really should have asked for it yesterday and you really need it tomorrow!



When you first enter Potomac you may think you have entered a typical school lobby. You do not know how wrong you would be. Actually, it's a cleverly disguised classroom, conference center, gym, and social area all wrapped in one. Any guesses as to what was the subject of this faculty/staff meeting.



Ms. Stephanie Bell operates one of the key locations at Potomac - the "communication" center. Try doing without the timely ringing of the bells, or someone to take and pass on your excused absence/early dismissal phone call and see what happens.





Did you ever see what a hungry panther does? That's why Mary Sweesy, Delphia Ligon, and Rosalie Jordy work hard to prepare a varied selection of healthy meals for our Panthers.

At Potomac secretaries and security personnel don't fly desks. They're out and about, like Mrs. Dora Wyberski, Mr. Ernie Nixon, and Ms. Jean Masino, to make things happen for the faculty and students.



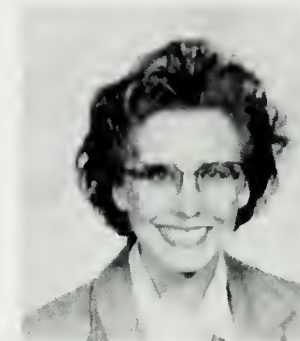
Sometimes students wonder if he is a student himself - Steven Watt. Nope, he is a security specialist at Potomac; young enough to blend in, and concerned enough to really to make PSHS a safe place for learning.

Why is Potomac clean? Its people, like Shawn Jenkins and Bronson King, who bring order back after hundreds of people move through PSHS during the day.

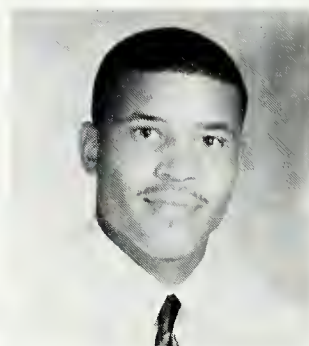


Faculty and Staff

Becky Anderson
Mike Babuschak
Lewis Blount
Mark Bodwalk
Natalie Bonshire



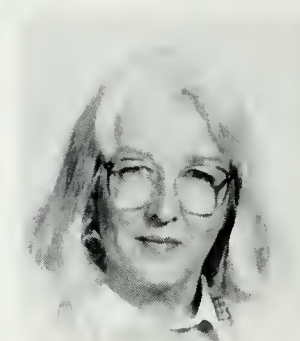
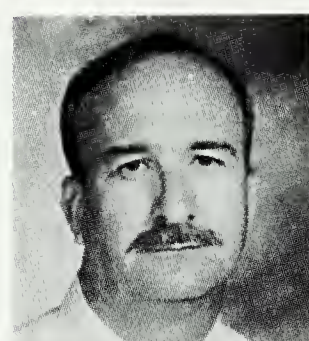
Russ Bowling
Rena Brooks
Steve Bryson
Jean Cahall
Michael Campbell



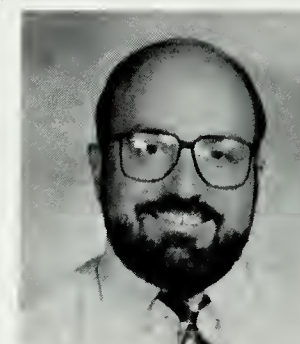
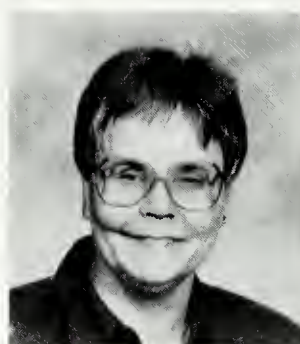
Joseph Cardinale
David Carr
Barbara Cavalier
Carmella Ciemny
Ron Clarke



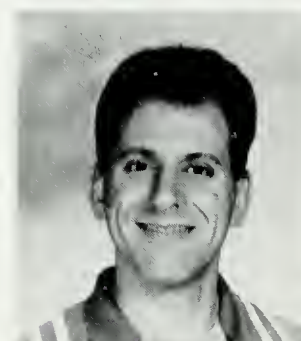
Marilyn Clemence
David Colcombe
John Compel
Claudia Cunningham
Hellen Dodson



Lori Dragon
Patricia Droles
Janet Dunivan
Patricia Duvall
Michael Dyre

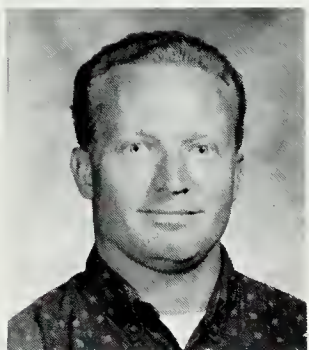


Gary Ellison
Patricia Emmons
Michael Eye
Michael Fox
Jerry Gardziel





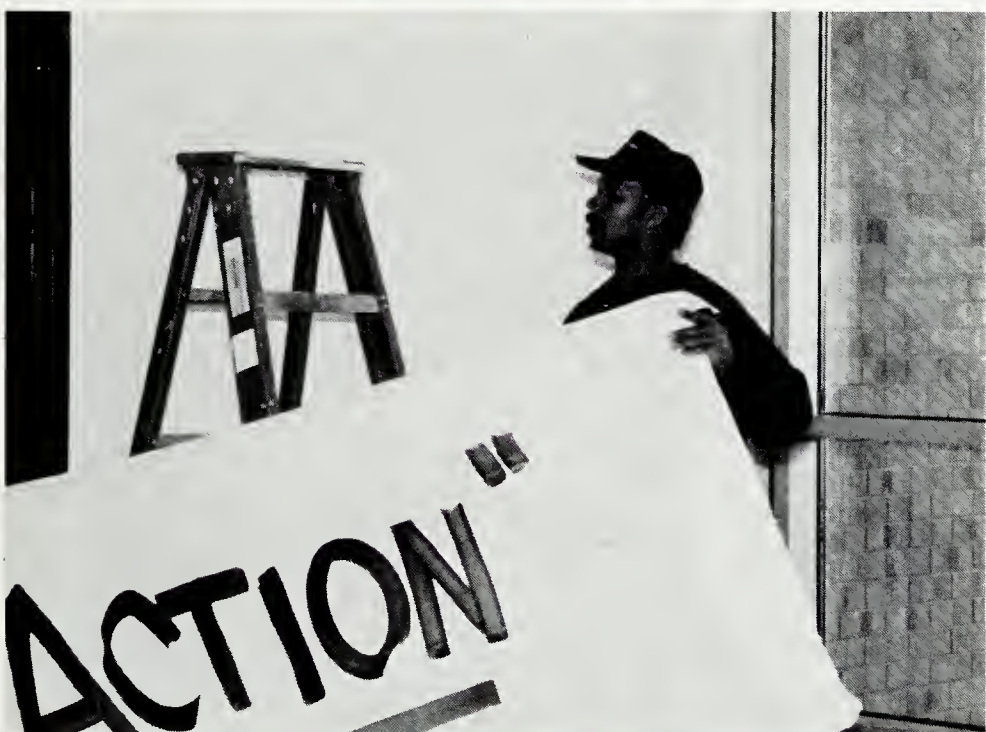
Jean Gaudet
Paulette Gentry
Patricia Ghiloni
Tom Giska
Keg Good



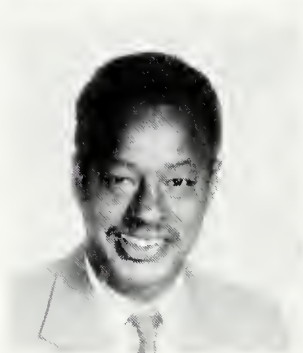
Darren Gravatt
Sharon Gregory
Robert Hall
Greg Hayden
Kendall Hayes



Wanda Higgins
Frank Higgins
Maureen Hajar
Robert Holley
Phyllis Hollis



Vivian Ivey
Anita Jackson



Shirley Jones
Aaron Jordan

Around a school work is never done - its in progress! Mr. Alvin Howard is one of those who ensure progress happens.

"...because I love students and I love to teach." - Mrs. Patricia Ghiloni

"I believe in the future and what we do can have an impact on the future. Also, what better way to remain a student." Mr. Michael Eye

"Why Teach?" Because! "I think its fun to watch young people develop into responsible adults and to help them when they need it." - Mr. Michael Young

"Why?" "...as long as we are living in a democracy, we have to inform our teens, without them, we are doomed." Ms. Patricia Emmons

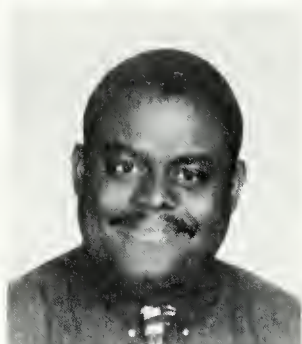


Dan Kearney
John Kittell

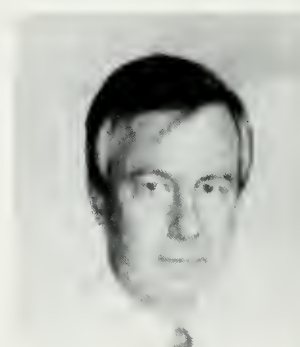


The best educational environments are those in which a student and teacher can learn from each other. Potomac is one of those environments.

Melvin Klugh
Virginia Kubiak



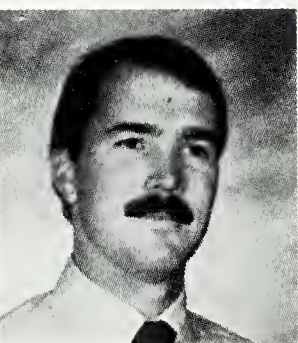
Penny Lake
Nancy Lanza
Carolyn Leggett
Clarence Leggett
Barry Maguire



Betsy Maloney
Nancy Mattfeld
Gloria Miller
Sandy Moller
Cynthia Morrell



Debbie Neuhard
Mark Purtell
Lovevenia Quash
Leon Ragland
Jacqueline Rhodes

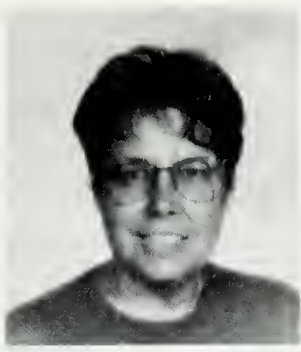


Joyce Roach
Alexandra Ruston
Corrairie Sadler
Dan Scarr
Rosemary Schneider

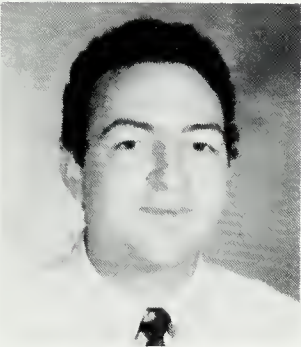


Margaret Scoleri
Kathy Scott
Joe Sabastoni
Carol Secord
Karen Sheppard



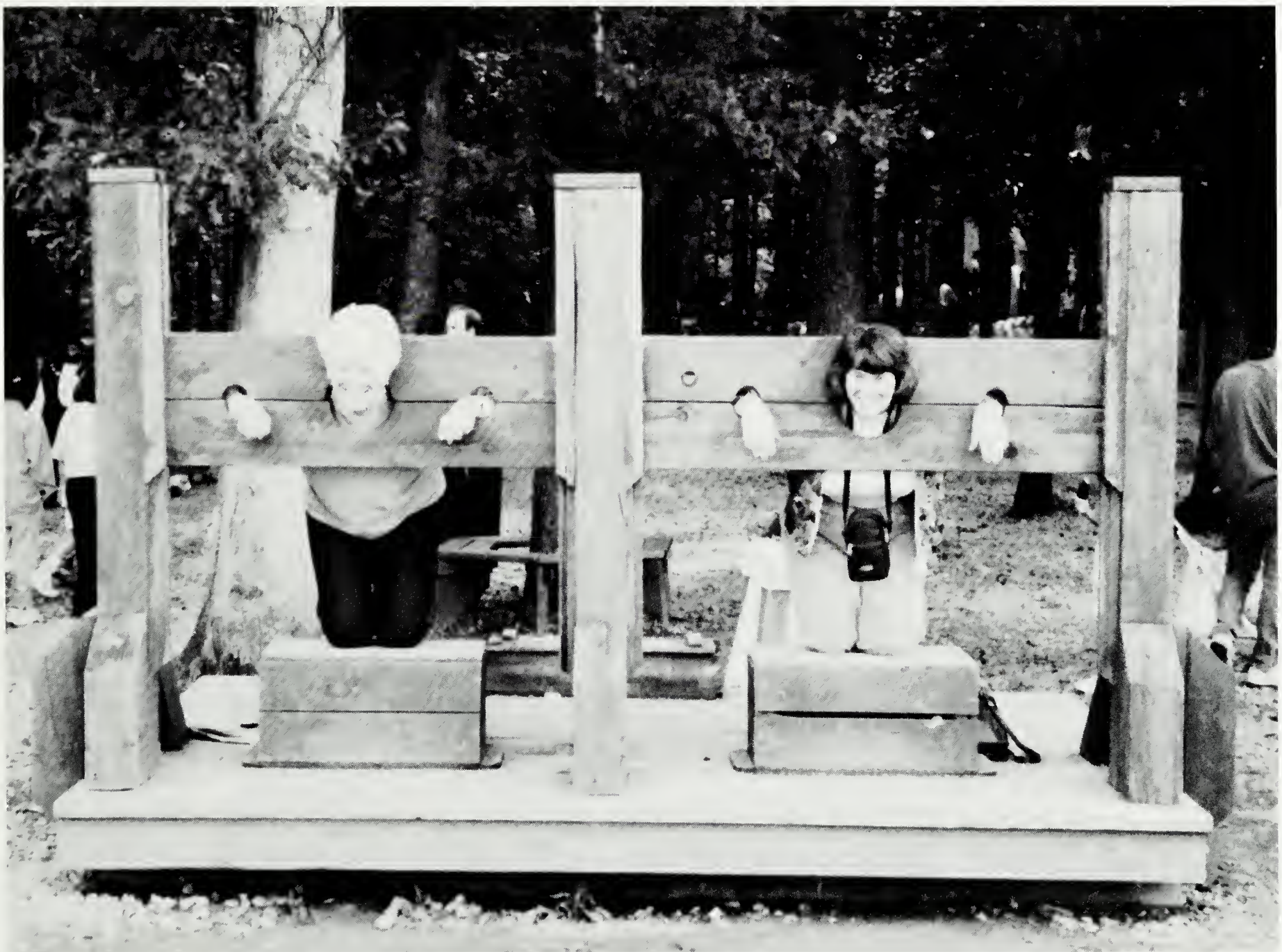


Sally Shively
Rebecca Snyder
Kelly Sutliff
Florence Taylor
Carol Wakefield



Joanne Willis
Dora Wybersky
Tony Xhema
Bernadine Young
Michael Young

Gary Zoleman



Even teachers like to play; and yes, sometimes they have to pay the penalty for their "behavior." Wonder what Mrs. Hajar and Ms Collins did to warrant this temporary "public display?"



Some Senior Stats

Joe Adriance Baseball 9-12, Varsity Club 12, Leo Club 12.

Umer Ali Debate Club 10, Science Club 9-10, Science Bowl Team 9-10, It's Academic 9, Athletic Trainer 10-11.

Stephen Allder Orchestra 9, Wrestling 10, Light and Sound Club 10-12.

Jill Autrey FBLA 11, Cross Country 9

Amanda Ayers Cheerleading 9, Captain, DECA 10-11.

Cortez Baker Football 9-12, Basketball 9-12, Track 11.

Amy Bann Student Council 10-12, Treasurer 11, Reporter 12, Pantherettes 10-12, Soccer 10-12, Drama Club 9-11, Junior Civitans 9-12, Liason 11, NHS 11-12, Leo Club 11-12, Gymnastics 9-10, Latin Club 11-12.

David Bassett Baseball 9-12, SCA 9-11, FBLA 9-11, Black History Club 9-11, SADD 9-11.

Danielle Bernier Cheerleading 10-12, Junior Civitans (Sergeant-at-Arms) 9-12, National Honor Society 11-12, French Honor Society 10-12, Leo Club 12.

Marty Boone Choir 9-12, Football 11, Tennis 12, Drama 11.

Stacey Bradshaw Concert Choir 10-11, Section Leader 11, Camerata 11-12, Beauty Shop 12, Junior Civitans 10-12, Crew 10-11.

Crystal Broomall Marching Band 9-12, Section Leader 12, Symphonic Band 10-12, Concert Band 9-12, Jazz Band 11-12.

Benj Brown Drama 9-10, Art Honor Society 10, Latin Club 11-12.



Thomas Greek's yawn is not just any old yawn - its classic form of non verbal communication that is understood everywhere.

If you can't wait for "Micky D's," remember folks like Patrick Honore will take your afterschool pizza, popcorn or candy order.



Rhiannon Burruss Chorus 10-12, FBLA 9, DECA 9, Basketball 9, Black History Club 11.

Kristin Burton Pantherettes 10-11.

Brian Buser Band 9.

Melissa Bushey FBLA 11.

Jessica Caseman Pantherettes (Co-Captain) 10-12, French Club (Publicist) 9-12, Gymnastics 9, Drama Club 9-12, Latin Club 11-12, Junior Civitans 9-12.

Vonetta Chapman Black History 11-12.

Monica Chase Track and Field 9-12, Basketball 9-11, DECA (Representative) 10-12.

Mabel Chin Latin Club 12.

Jennifer Coimbra DECA (Secretary) 12, SCA (Representative) 9, Choir 9, FHA (Vice President) 10.

Michael Cooper DECA 10-12, Junior Civitans 10-12, P.S.S/S.A.D.D. 12.

Burt Covington Baseball 9-12, Basketball 9, Leo Club 12.

Isam Daho Latin Club (Treasurer) 12.

Monique Davenport Varsity Band 9, Crew 9-11, Mediator 9-11, Teen Counseling 10-11, DECA 12.

Karen Dennison Volleyball 9-12, (Co-Captain), Basketball 9-12, (Co-Captain), Softball 9, 11-12, National Honor Society 11-12.

Tracey Dent National Honor Society 11-12, French Honor Society 10-12, Softball 9-10, 12.

Julie Desena Softball 9, Treble Choir 10, Softball 10, Concert Choir 12.

Jan Eisen Crew 12, Yearbook 12.

Katy Elmore French Club (President) 12, Cheerleading 9-12, Junior Civitans 9-12, Soccer 11-12.





Paula Evans Key Club 11-12, Vice President 12, Spanish Club (President) 12, Symphonic/Marching Band 10-12, Varsity Leadership Club 11-12, Gymnastics 9, Student Mediator 10-12, Governor's Spanish Academy 11, Girl's State 11, Spanish Honor Society 11-12, Junior Civitans 11-12,

Spanish III Award 11, Science Fair Honorable Mention 10.

Ben Finelsen Swimming 12, Baseball 9, Latin Club 12.

Kristy Finucan Junior Civitans 9-12, Soccer 9-12, Cheerleading 10-12, SCA (Representative) 11, SCA (Treasurer) 12.

Melissa Fisher Softball 9-

From the looks of it, the above discussion was not about class-work - too many smiles!

All it takes is a glance over the shoulder or a quiet moment of reflection to remember where many of your memories were made - on Potomac's Four-Year Trail.

Thomas Greek Junior Civitans 9-12, Vice President 12, SADD 12.

Sol Griffin Football 9-12, Tennis 10, Shooting 9-12, Junior Civitans, 10-12, Youth Group Leader 9-11. Stefanie Hall Crew 9-10, Junior Civitans 9-12, Public Relations Coordinator 12, Yearbook 9-12, Student Life Editor 12, Track 10-11, Homecoming Court Princess 10, Indoor Track 10-11.

Melissa Harner SCA Vice President 9, Cheerleading 9-10, Athletic Training 10-11, Softball 10, 12. Alexander Tinaill Harris Basketball 9-12.

Hilary Hartt Cheerleading 9-12, Captain 12, Varsity Soccer 10-12, Newspaper Staff 10-12, Feature Editor 11, Editor-in-Chief 12, Junior Civitans 11-12, SCA Senior Class Treasurer 12, Drama Club 10, Youth Salute 11, Varsity Leadership Club 11-12, Leo Club 12, Student Mediator 11-12. Bryony Hasychak Concert Band 9, Symphonic Band 10-12, Marching

Band (Section Leader) 10-12, National Honor Society 12.

Jason Heatwoll Swim Club 10-12, Drama 11, Choir 12.

Kimberly Herd Basketball 9-12, Captain 12, Junior Civitans 9, Black History Club 9, German Club 10-11, Track 9.

Delores Holcombe Basketball 9-10, FHA 9-10, Chorus 9-11, FBLA 9-10, 12, Teen Mom Program 12.

Steve Horn Football 9-12, Wrestling 10, Football and Soccer Announcer 12.

Wendy Hornback Cheerleading 10, 12, Homecoming Court, Princess 10, Queen 12, Soccer 9-12, J.V. Captain 11, Marching Band 9, SCA 11-12, Junior Class Secretary, Senior Representative, Leo Club 12, Junior Civitans, 11-12, Drama Club 9-11, Secretary 11.

Christina Huffstickler Cheerleading 9-12, French Club 9-11, DECA 12, Latin Club 12.

"Memories just don't happen, they are made." - ANON

12, Yearbook (Treasurer) 11-12.

Erskin Fox Football 9-12, Basketball 9-12

Samantha Freeman Varsity Tennis 11-12, Indoor Track 9-10, Varsity Band 9-11, Drama Club 9, Junior Civitans 12.

Christine Friend Cheerleading 9-12, Captain 10, Leo Club (Parliamentarian) 12, Junior Civitans 11-12.

Michelle Fryer DECA 10.

Vaughn Fuller DECA 11-12, Football 10, 12, FBLA 9, 11.

Gerald Gardner Crew 10-12, President 12.

Robert Gillette J.V. Baseball 9, Fishing Team 9-12, Mountain Biking 9-12, Logging Team 9-12.

Stacy Goldsmith Yearbook 10-12, Student Life Editor 11, Clubs Editor 10, Editor-in-Chief 12, Fall Ball Softball (right field) 11.



George Hummel National Honor Society 11-12, Treasurer, Junior Civitans 9-12, Sergeant-at-Arms 10, Public Relations Coordinator 11, Key Club Treasurer 12, Tennis Team 9-12, Golf Team 11-12.

Channa Jackson SCA Historian 12, Volleyball 10-12, Captain 12, Basketball 10, 12, PSS 12, Varsity Leadership Club 11-12.

Ryan Jacoby Football 9-10, 12, National Honor Society (Sergeant-at-Arms) 11-12, Junior Civitans Sergeant-at-Arms 10-12, Spanish Honor Society 10-12.

Moira John-Williams Black History Club (President) 9-12, National Honor Society Vice President, 11-12, Junior Civitans, 11-12, Track and Field 9-12, Senior Class Secretary 12.

Tiffany Jordan J.V. Soccer, Captain 9-10, Varsity Soccer 11-12, National Honor Society 11-12, Junior Civitans 9-12.

Misty Kell FBLA 10-12,

DECA 12.

Min Kim National Honor Society 12, Soccer 12, National Art Honor Society 11-12.

Barenda Kimble Black History Club 10-12.

Brandy Knight FBLA 9, FHA 11.

Holly Krass Cheerleading 9-12, FBLA 10, SCA 11-12, Athletic Trainer 11, Leo Club Historian 12.

Christine Ksanznak Volleyball 9-12, Drama 9, Chorus 9, SCA Representative 9.

Jennifer Lamont Junior Civitans 9-12, Treasurer 12, National Art Honor Society Treasurer 11.

Gina Lester Youth Group 9-11, Peer Counseling 12, Junior Civitans 9, Latin Club 12.

Damon Linder SCA Representative 10-12, Football 11, Technology Club 9, German Club 10-11.

Matt Lynch Literary Magazine 10, 12.

Sheri Martin Volleyball 9, Drama 9-12, Junior Civitans 9-12, Yearbook Sports Editor 12, Varsity Soccer Manager 12,

SCA presidential duties do not end with the last bell. Quincy Queen found himself doing all kinds of things at all hours to promote school spirit.



Focused and in control, Alexander Harris was snapped as he drove for another basket.

DECA 11.

James Mercado Choir (Treasurer) 9-12, Drama 11, Junior Civitans Sergeant-at-Arms 11-12, SADD 12.

Terri Mirkovich ACTS Helpline Volunteer 10-12, YADAPP Participant 12, Peer Counseling 12, Panther's Staying Straight 12, Junior Civitans 10-12. Brooke Newey Drama 9-12, Literary Magazine 9, 11-12, Assistant Editor 11-12, National Honor Society 11-12, It's Academic! 10-12, Captain 12, Science Club 10-12, Secretary/Treasurer 12.

Jeni Nix FHA 9-10 (President, Vice President, Secretary), S.A.D.D. 12, National Honor Society 11-12, FBLA.

Tracie Powell J.V. Soccer Manager 9.

David Peck Football 9-12, Wrestling 9-12, Varsity Leadership Club 11-12.

Emilo Perez Baseball 9-12, Leo Club 12, FBLA 9-10.

Erica Powers Track 9, FBLA 9, DECA 10, Black History Club 9-10.

Eileen Pracht Soccer 9-12,

Chorus 9-11, Orchestra 9.

Zarinch Raheem DECA 10-12, FBLA 9, Cheerleading (Captain) 9-11.

Priscilla Rich Color Guard 10-12 (Co-Captain, Captain), DECA 11, FBLA 12, FCA 11-12, Softball 10. Angel Rivera DECA 11-12.

Gary Rose Vica 11-12, Basketball 9-10, Junior Civitans 12.

Amy Ruddle Camerata 12, Concert Choir 9-12, Beauty Shop 12, Junior Civitans.

Virginia Sanderson Spanish Club 9-10 Vice President 9, Junior Civitans 9-12, FBLA 10.

Sharon Smith FBLA 10, DECA Representative 11-12, Newspaper 11-12.

Stephanie Shields Pantherettes 11-12, National Honor Society (President) 11-12, Junior Civitans 9-12, German Honor Society (Secretary) 9-12, Basketball 9-10.

Curtis Shoffner Marching Band 9-12, Debate Club 10.

Michelle Sinclair Chorus 9-11.



Shameeka Soares SCA Vice President 11, SCA President 9,12, Track 9-12, Cheerleading 10-11, Upward Bound 9-12.

Shane Sobers Marching Band 9-12, Junior Civitans 9-12, Jazz Band 9, 11-12 Symphonic Band 10-12.

Daniel Solomon Journalism Production Editor 10-12, Literary Magazine Design Editor, Co-Editor of Poetry 11-12, Concert Band 9-10.

Kenny Sorrell Marching Band 9-12, Jazz Band 9-12, Symphonic Band 10-12, Volleyball 10.

Richard Smith Marching Band 9-12, VICA 11.

Harold Spilker III SCA 10, Junior Civitans 11-12, FBLA 10, Football 9-10, Band 9-10.

Greg Spraker Visual Art 9-12, Governor's School 11.

Shannon Stanley Volleyball 10, Newspaper 10-12, Feature Editor 12, Yearbook 11-12, Photographer Editor 12, Junior Civitans 11-12, Marching Band 9.

Bobby Sutliff Football 9, 11, Wrestling 9-12, DECA 10-12, Track 9.

Cherilyn Swanson DECA 11, J.V. Basketball 9-10, Indoor/Outdoor Track 11-12, Volleyball 9, Black History Club 10-12.

Patrick Taylor Junior Civitans 11-12, French Honor Society 11-12, National Honor Society 12.

Brian Tirch FBLA (Reporter) 11-12, Baseball 11-12, Track 12, Leo Club 12.

Denise Truax Yearbook 11-12

Scott VandeSande Baseball 9-12, Junior Civitans 11, SCA Sergeant-at-Arms 12, Leo Club (President) 11-12.

Natalie Wang Science Club 9-12, President 11-12, It's Academic 11-12, Cantor 12, Literary Magazine (Copy Editor) 12, National Honor Society 11-12.

Yolanda Walker FBLA (President) 11-12, Tennis Team 11-12, Junior Civitans 11-12, Girl's State 12, Church Youth Group 9-10.

Donald Warren Football 9-11, J.V. Soccer 10-11.

Jay Webb Football 9-11, Christen Wheeler Volleyball 9, Captain, Basketball 9-10, Tennis 10-12, Soccer (Captain) 9-12, Orchestra 9-11, Yearbook 12, Sports Editor, Drama 10-12.

Tommi Woodson Soccer 9-12, Chorus 9-11, Junior Civitans 11-12, Yearbook 9-12, Senior Editor 11-12, Cheerleading 10, Swim Team 10.



Victories are earned by those who work for it in class and on the courts/fields.

ET SAP7EN79A



Aids continues to claim its victims. People around the world stress the need for prevention and cures.

Abell, Brian 8, 152
 Abrahamson, Ryan 52, 110
 Acuesta, July 66
 Adams, Kerri 142
 Adams, Shelly 66
 Adams, Stacy 40
 Adler, Anita 52
 Adriance, Joseph 34, 152, 216, 218, 316
 Aggrey, James 40
 Agnew, Jim 176
 Agresto, David 40, 150, 156
 Agustin, Damien 66, 80
 Ahluwalia, Shelly 40
 Ahmad, Bilal 40
 Ahmad, Syed 52, 66
 Ahmadyar, Homaira 52
 Ahmed, Naeela 34
 Akers, David 34
 Akins, Karen 34
 Alberts, Cathy 108
 Alexander, Jackson 110, 132
 Alexander, Joseph 66
 Alexander, Tricia 34
 Ali, Umer 216, 218, 316
 Alder, Stephen 216, 218, 316
 Allen, Jessica 52, 114
 Allen, Kelly 52

Allen, Richard 66
 Allen, Sheyla 40
 Allen, Tedd 66
 Allison, Bruce 36, 52, 152
 Alston, Alicia 66
 Alston, Julius 52
 Alston, Michael 66, 8
 Altoebello, Joseph 52, 206
 Amhad, William 150
 Anderson, Andy 6, 14
 Anderson, Becky 212
 Anderson, James 52
 Anderson, Kelley 34, 182
 Anderson, Steven 52
 Andrezejewski, Lauren 64, 66
 Angoe, Yasmin 40
 Antenen, Erik 100
 Anthony, Gerald 66
 Antonio, Karla 66
 Apperson, Steve 110
 Aragon, John 52
 Ardaio, Jaime 12, 142
 Arias, Jessie 52
 Arnold, Shannon 66
 Arrington, Amy 66
 Asbury, Sandy 52, 152
 Ashley, Modell 154
 Atkinson, Marc 66
 Austin, Mike 132
 Austin, Pamela 38, 40
 Autrey, Jill 216, 218, 316
 Avalos, Jennifer 66
 Avelar, Irene 38, 40, 100
 Ayala, Celma 40
 Ayers, Amanda 34, 216, 218, 316
 Ayers, Andrew 40
 Ayres, Julie 52

Ayres, June 66

Brady Mania! Alice, Mike, Carol, Greg, Marsha, Jan, Peter, Cindy, and Bobby make a come try with their new movie "The Brady Bunch."

Baber, Clayton 66
 Babuschak, Mike 204, 212
 Bailey, Maria 66
 Bailey, Mark 66
 Baker, Chris 110
 Baker, Cortez 110, 216, 218
 Ballesteros, Juan 34
 Banks, Corey 52
 Banks, James 40, 150
 Bann, Amy 124, 142, 216, 218
 Bann, Brian 40, 90, 110, 152, 166
 Bann, David 36, 40, 110, 152
 Barany, Jonothan 66
 Barbee, Clifton 66
 Barillo, Bryan 156
 Barley, Cynthia 40, 206
 Barley, Heather 52, 124, 206
 Bumler, Heather 40
 Burdette, Steven 52
 Burke, Rashida 5
 Burruss, Rhiannon 22, 216, 218
 Burton, Earl 52
 Burton, Kristin 216, 218
 Buser, Brian 100, 216, 218

Bushey, Melissa 52, 180, 216,
 Butts, Michael 40, 100
 Byrd, Carrie 68
 Byrd, Rachelle 68
 Barnes, Joshua 52, 132
 Barrett, Chantel 52
 Barrett, Chris 66
 Barrett, Cynthia 40
 Barta, Justin 66
 Bartley, Robert 66
 Bass, Eugene 40
 Bassett, David 216, 218
 Bassey, Ini 52, 110
 Bates, Eleanora 66
 Bates, Nora 40
 Baty, Aaron 66
 Baumann, James 66
 Beall, Kevin 18, 40, 110, 152
 Beall, Mike 36
 Beavers, James 52
 Becker, Lori 40
 Becklund, Charlissa 186
 Bell, Colleen 40
 Bell, Rooney 66
 Bell, Stephanie 210
 Bellamy, Lynette 66
 Bellamy, William 66, 80
 Benavides, Olger 66
 Bennett, Melissa 52
 Bergsen, Jennifer 66
 Bernhardt, Thomas 66
 Bernhardt, William 4
 Bernier, Danielle 96, 100, 216, 218
 Berry, James 66
 Berryman, Cheryl 66
 Birch, Kenneth 52, 132
 Birello, Stephen 40
 Bishop, Tommy 66
 Black, Karen 40
 Black, Kenneth 66
 Blackwell, Tomika 52, 124
 Blair, Shaun 52, 110
 Blake, Barry 36, 40, 100, 15
 Blevins, Jeremy 52
 Blount, Anquetta 40, 156, 20
 Blount, Lewis 156, 212
 Bock, Allen 50, 52, 152
 Bodwalk, Mark 212
 Boggan, Julian 66
 Bohn, Bryan 6
 Bolte, Kraig 52
 Bonshire, Natalie 116, 212
 Boone, Martin 32, 82, 176, 216, 21
 Boone, Melinda 66
 Booth, Michael 66
 Borneo, Rossi 156
 Botto, Paul 52
 Bouchard, Katy 52, 90, 118
 Bouchard, Tom 12
 Bouchelelaghem, Batoun 34
 Bouchard, Katy 50
 Bowling, Russ 212
 Boyce, Corina 66, 118



This safety message was submitted by Andy Ayers to let you know that air bags do work if the other driver can't drive.





People still debate the merit of using seat belts. The individual who decorated this windshield didn't use a seat belt. Questions?

Boyd, April 66
 Boyd, Christina 142
 Boyd, Matt 4, 144
 Bradley, Matthew 66
 Bradley, Shephanie 66
 Bradshaw, Andrew 66
 Bradshaw, Stacey 34, 82, 216, 218
 Breson, Christina 66
 Brewer, Brianne 66, 114
 Brewer, Janet 66
 Brewer, Joyce 52, 156
 Bridges, Carlos 52
 Britt, Demetra 34
 Britt, Mike 52, 152
 Britt, Scott 52
 Britton, Tiffany 40
 Broch, Angele 5
 Brookins, Mary 34
 Brooks, Reggie 40, 182
 Brooks, Rena 212
 Broomall, Crystal 216, 218
 Browing, Douglas 66
 Brown, Allen 40, 110
 Brown, Benj 186, 204, 216, 218
 Brown, Brian 126

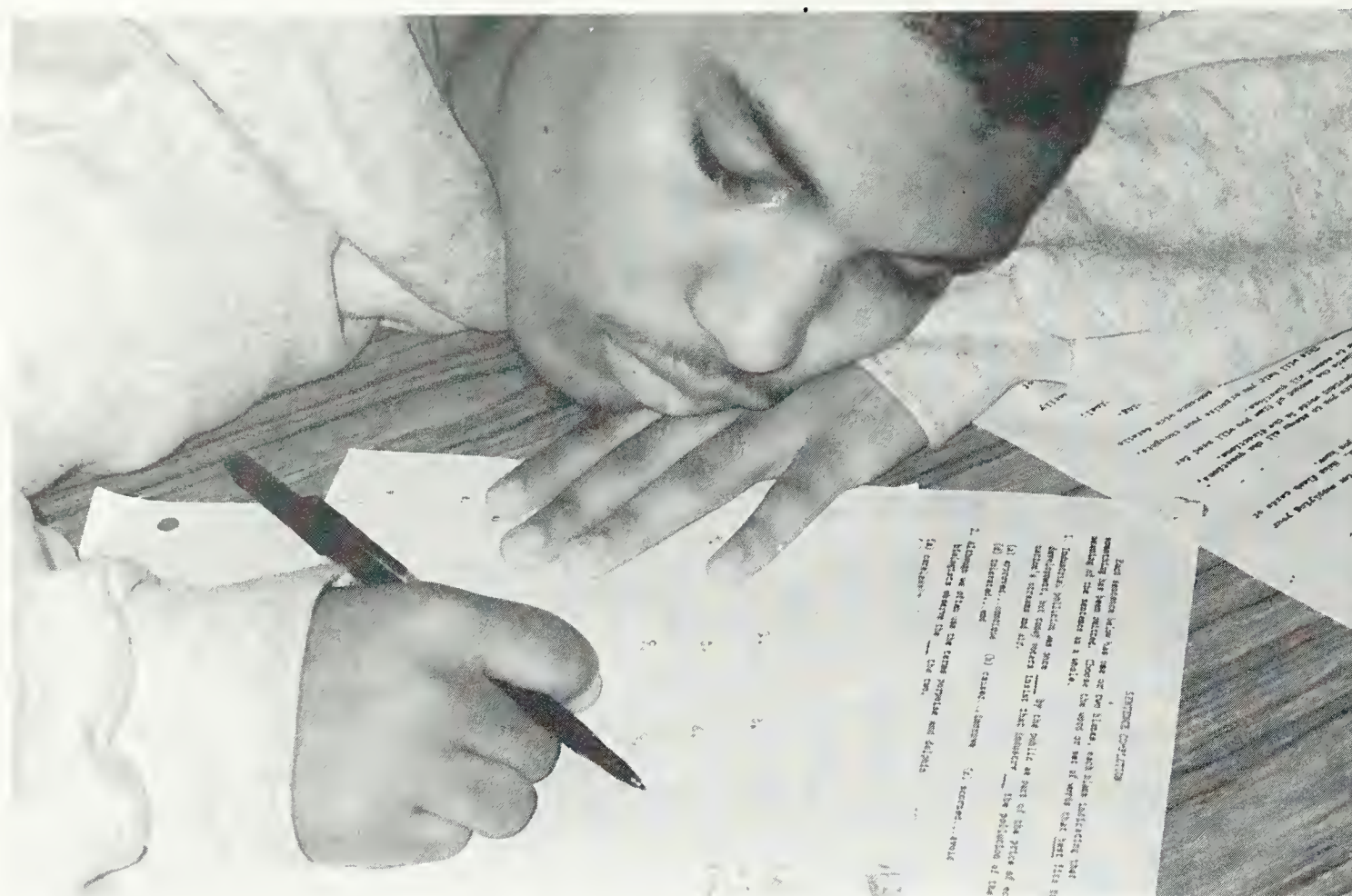
Brown, Bryan 66
 Brown, Danielle 52
 Brown, Emanuel 66, 110
 Brown, Jeffrey 52
 Brown, Kristi 66, 118
 Browning, Casey 52
 Brunais, David 66
 Bruschi, Anne 52
 Brush, Jacob 52, 132
 Bryan, Allen 52, 110
 Bryan, James 68
 Bryant, Douglas 68
 Bryant, Jenny 68
 Bryant, Sharice 68
 Bryson, Steve 212
 Buchanan, Jamie 34
 Buffungton, Adrian 124

Cheznian separatists continue to delay Russian advances, despite overwhelming odds.

Cabanas, Carlos 144
 Cabanez, Miguel 34
 Cadis, Chris 156
 Cahall, Jean 212
 Calhoun, Scott 110
 Campbell, Kevin 40
 Campbell, Michael 8, 166, 212
 Campbell, Riva 52
 Campbell, Shonnell 68
 Canada, Ryan 52
 Cannady, John 68
 Capach, Kevin 68
 Capron, Antonio 68
 Carahlo, Joshua 52
 Caramanica, Dave 144
 Caramanica, Janet 40, 142, 156
 Cardinale, Joseph 208, 212
 Carillo, Edwin 40
 Carpenter, Yukia 52
 Carr, David 68, 212
 Carr, Melissa 40
 Carroll, Dominique 68
 Carter, Andrew 62
 Carter, Chantel 52
 Caseman, Cathy 68, 124

Caseman, Jessica 124, 216, 218
 Castillo, Delia 68
 Catedral, Eda 52, 156
 Catedral, Eva 142
 Catedral, Roy 40
 Caudill, Jimmy 40
 Ceneteno, Carlos 98, 212
 Centeno, Carlos 144
 Chambers, Shannon 52
 Chan, Henry 40
 Chang, Won-ah 40
 Chapman, Andrew 110, 150
 Chapman, Vonetta 190, 216, 218
 Chase, Faline 40
 Chase, Monica 216, 218
 Chatman, Andrew 40
 Chin, Mabel 216, 218
 Chisholm, Tubamus 52
 Choi, Hae 3
 Christiernsson, Anna 34, 40, 206
 Chronister, Kevin 40, 144
 Chudacek, Christopher 52, 92,
 Ciemny, Carmella 212
 Cintron, Trinidad 68
 Clark, Amanda 40, 206
 Clark, Andy 50, 68
 Clark, Calia 34
 Clark, Keith 68
 Clarke, Ron 212
 Clemence, Marilyn 212
 Clement, Steve 54, 132
 Clifton, Elizabeth 54
 Cogar, David 68
 Coillot, Sam 40, 44
 Coimbra, Jennifer 216, 218
 Colcombe, David 212
 Cole, Ken 110, 132
 Cole, Shauna 40
 Coleman, Lisa 54
 Coleman, Ronald 68
 Coleman, Sean 40
 Coletto, Gina 54, 114
 Collins, Kathleen 208
 Compel, John 212
 Compton, Jessica 40
 Conispoti, Vinny 68
 Conrad, Misty 40
 Cook, Billie 40
 Cook, Jose 68
 Cooper, Michael 216, 218
 Cooper, Mike 100
 Copenhaver, Chris 126
 Coppola, Lana 68, 156
 Corillo, Matt 156
 Corillo, Thomas 156
 Cornell, Jamie 54
 Costa, Mike 144
 Courtage, Bobby 152
 Covington, Burt 2, 108, 152, 211, 216
 Covington, Mike 152
 Cox, John 34
 Cox, Thomas 68, 132





Students often have to fight off the "drowzees." Rashad Leven-Berry did get through his test without too much difficulty.

Coxton, Michelle 6, 14
Crawford, Charles 40
Crawford, Curtis 126
Crenshaw, Aaron 68
Crilley, Frank 40, 92
Crilley, Sean 40
Cronister, Kevin 180
Crouch, Chad 68
Crowder, Chris 4
Crowder, Meghan 40, 142, 182
Crumity, Terraine 68
Cruz, Ana 54
Cruz, Connie 68
Cuevas, Alexandra 42
Cuevas, Robert 68
Cunningham, Claudia 212
Curtis, Jeremy 68

Disney attempt to build a American History theme park in Prince William County was blocked.

Daho, Isam 216, 218
Daho, Mike 6, 14
Dalton, Ryan 68
Dancause, Amelia 42, 100
Dannenberger, Micheal 68
Dao, Long 42
Darrah, Geoffrey 54, 144
Davenport, Monique 216, 218
Davis, Catherine 68
Davis, Charles 68
Davis, Tiawana 42

Davis, W. 42
Day, James 42, 13
Deck, William 2, 152, 166
Decker, Renee 68
Dees, Brian 34
Delany, Bill 144
Delvalle, Michelle 68
Demby, Jesse 68
Demille, Michelle 68
Dempsey, Aja 68
Denault, Danielle 38, 42, 142
Denault, Michael 34
Dennison, Karen 156, 216, 218
Dennison, Maritzita 54
Dent, Laura 54
Dent, Rebecca 68, 118
Dent, Tracey 98, 216, 218
Denton, Michelle 68
Desena, Julie 216, 218
Desilva, Cherri 42, 156
Dewey, Jason 34
Dickerson, Mike 68
Dickison, John 42
Dietrich, Courtney 54
Dillard, Stephanie 68, 154
Dillon, Damion 54
Dippe, Virginia 68
Dodd, David 54
Dodds, Lori 42, 124
Dodson, Gordon 54, 152, 154
Dodson, Hellen 212
Domenech, Nicholas 68
Domini, Cindi 42, 82
Donahue, Edith 54
Donovan, Tanisha 54
Dotson, Amie 12, 42, 118
Douangphoumy, Anoy 68

Douglas, Dana 54, 124
Dove, Denise 54
Dovel, Nick 42, 152
Dowdy, Kishon 54
Dowell, Blake 64, 68
Downs, Jennifer 54
Doyle, Donald 68
Dragon, Lori 212
Droves, Patricia 212
Dubois, Denise 68
Dubois, Lori 54, 186
Duclos, Kirsten 54, 156
Duncan, Anthony 50, 54
Dunivan, Janet 212
Dunkin, Anthony 132
Dunn, Meghan 54, 156
Duplessis, Adolph 68
Duplessis, Aisha 42
Duvall, Diana 42, 124
Duvall, Patricia 212
Dyre, Michael 4, 190, 212
Dyson, David 68

Everyone loves a hug! The Hershey turned that idea into a novelty candy to boost sales. It worked.

Easley, Panda 42
Easton, Jefferey 68
Edgington, Mary 50, 54, 90, 108, 156
Edmonds, Terry 54
Edwards, Ebony 68
Eisen, Jan 30, 114, 182, 216, 218

Eland, Alyssa 36, 42, 118, 154
Elliot, Thomas 54
Elliott, Latissue 42
Ellis, Justin 54, 206
Ellison, Gary 212
Elmore, Brian 54
Elmore, Katy 142, 216, 218
Ely, Vernon 34
Embrey, Clay 42
Emmons, Patricia 212
Eng, Bopha 54
Eng, Chantra 70
Escobar, Maiba 54
Espinosa, Gerardo 70
Estrada, Vanessa 34
Etzler, Kenneth 42
Evans, Paula 126, 216, 218
Ewings, Darnyse 42
Eye, Michael 212

Forrest Gump got a grip on viewers' emotions by stressing the simple pleasures of life, like a box of chocolates.

Fair, Chris 54, 114, 174
Fairweather, Danny 42
Faison, Nina 70
Falk, Bob 54
Faltinowski, Adam 12
Fanion, Joe 42
Fanion, Natasha 70
Farr, Wendy 70
Feindt, Jeremiah 42
Felder, Demetrius 70, 110
Felder, Janaye 42, 126, 206
Ferguson, Crystal 12
Ferguson, James 54
Ferguson, Russel 42
Ferrell, Simmona 54
Figuerroa, Desiree 70
Fincham, Kim 6, 14, 180, 214
Fincham, Tabitha 42
Fine, Amanda 70
Finelsen, Ben 154, 216, 218
Finley, Michael 54
Finn, Candice 70
Finucan, Kelly 70, 118
Finucan, Kristy 6, 14, 142, 216, 218
Fisher, Melissa 46, 180, 216, 218
Fitzgerald, Cassandra 70
Fitzgerald, Corey 42, 152
Fitzgerald, Jay 70
Flecker, Arlynn 54, 96, 118
Flecker, Arty 42, 132
Fletcher, Adam 54
Flores, Mark 54
Flynn, Andrew 54, 152



Flynn, Patrick 70
 Folliard, Ryan 70
 Ford, Amanda 54
 Ford, Tyrron
 Foster, Brad 54
 Fourquet, Angel 70, 150
 Fox, Erskin 110, 216
 Fox, Michael 212
 Franklin, Chris 12, 144
 Frechette, Riki 54
 Freeman, Samantha 122, 180, 216, 218
 Frezza, Nick 42
 Friend, Christine 216, 218
 Fryer, Michelle 216, 218
 Fuller, Andy 54
 Fuller, Vaughn 110, 216, 218
 Fuller, Venturus 70, 80
 Fullerton, Christina 70
 Funes, Iris 54
 Funes, Jenny 70
 Funkhouser, Amber 70

Green Mighty Morphin Power Ranger made changed to become the new and improved role of White Ranger.

Gadson, M. 42
 Gaither, Kaanah 54, 60, 110
 Galvin, Donna 70
 Garcia, Gaiton 42, 114
 Garcia, Venita 142
 Gardner, Gerald 24, 114, 216, 218
 Gardner, Lisa 70
 Gardziel, Jerry 2, 152, 212
 Gardziel, David 152
 Garrett, Kelly 70
 Garrett, Nicole 24
 Garrett, Tameka 70
 Garrido, Evelin 24
 Garry, Jason 56, 60, 110
 Garry, Josh 72
 Gaskins, Robert 42, 152
 Gaudet, Jean 212
 Gay, De Rell 70
 Gee, Joanne 24
 Geer, Duffy 150
 Gentry, Paulette 212
 Ghiloni, Patricia 212
 Ghilsofi, Jen 142
 Gibbs, Tonya 42
 Gibson, Amanda 70
 Gibson, Jessica 56, 60
 Gibson, Jessie 90, 124
 Gibson, Raymond 42
 Gift, Robert 56, 60

Gift, Stacie 70
 Gillette, Robert 24, 216, 218
 Gipson, Joe 144
 Giska, Thomas 208, 212
 Gnoffo, Shaun 56, 60
 Goins, James 56, 60, 152
 Golden, Shea 56, 60
 Goldsmith, Melissa 56, 60
 Goldsmith, Stacy 4, 6, 14, 180, 204, 214, 216, 218
 Gollahon, Andrew 42
 Gollahon, Andy 42
 Good, Keg 212
 Goode, John 18, 24
 Goodman, Ian 144
 Goodwin, Tiffany 50, 56, 60, 98, 156
 Gopson, Joseph 56, 60
 Gordan, Scott 144
 Gould, Jennifer 70
 Gould, Kimberly 24
 Graham, Brian 56, 60, 186, 206
 Graham, Rickey 70
 Gravat, Darren 212
 Graves, Beth 42
 Graves, Christina 24
 Graves, Kelly 70
 Gray, Nisha 42
 Grayson, Jaela 70
 Greek, Ryan 70
 Greek, Thomas 24, 186, 216, 218
 Green, Bernard 70
 Green, Callie 56, 60
 Green, Lindsay 54, 118
 Green, Lynn 70
 Green, Nicole 70
 Green, Shavonta 24, 116

Greer, Joel 70
 Gregory, Sharon 156, 208, 212
 Griffin, Sol 24, 216, 218
 Griffin, Tamika 70
 Grove, Chris 56, 6
 Groves, Kwame 42, 110
 Grubbs, Milton 24
 Guerra, Ana 24, 142
 Guerra, Robert 4, 24, 144, 186
 Guillory, Kelly 70
 Guo, Yan Feng 34
 Gurley, Cristina 42
 Gurley, Jonathan 64, 70, 80
 Guzman, Cristia 70

Harris broke the 1000 point mark during championships games. Nice shooting.

Hadley, Brian 70
 Hagy, Robert 70
 Haines, Chrissy 24
 Hall, John 34, 186
 Hall, Robert 192, 212
 Hall, Stefanie 6, 14, 24, 180, 216, 218
 Ham, Juhui 42
 Hamilton, Jason 56, 60
 Hamm, Larnell 70, 110
 Hampton, Ali 56, 60
 Hampton, Amelia 70
 Hancock, Brian 70
 Hanna, Nicole 70

Hanson, Jimmy 12, 56, 60, 206
 Harbs, Robert 70
 Hardy, Sheila 24, 34
 Hargett, Calvin 42
 Hariston, Chera 70
 Harmon, Natasha 70
 Harner, Melissa 24, 216, 212
 Harris, Alexander Tinail 34, 216, 218
 Harris, Amy 70, 76
 Harris, David 70
 Harris, Michael 70
 Harris, Monique 70
 Harris, Raymond 42, 114
 Harris, Scott 24
 Harris, Tony 56, 60
 Harrison, Brock 152
 Harrison, James 70
 Hartberger, Andy 72
 Hartgrove, Emily 56, 60, 62
 Hartt, Hilary 24, 92, 142, 182, 216, 218
 Hartt, Lindsay 56, 60, 118
 Hasan, Colins 40
 Hashida, Barbara 56, 60, 156, 202
 Hasida, Gunther 24
 Hasychak, Bryony 24, 126, 216, 218
 Hasychak, Chris 72
 Hawkins, Kathy 56, 60
 Hawkins, Randolph 34
 Hawkins, Tamara 56, 60, 124
 Hayden, Greg 212
 Hayes, Andrea 42
 Hayes, Kendall 212
 Heasley, Aubrey 24
 Heatwole, Jason 18, 24, 32, 154, 176, 214
 Hellmuth, Heather 142



Even if you were blindfolded, you would recognize these gentlemen. They are the fans you can hear without a microphone on the field or in the gym.





Do teachers have a sense of humor? "Well, Uh, Kinda, Maybe." they do. Mr. Clark and Mr. Hannon do have something more than a grin on their faces.

Henderson, Jennifer 12, 56, 60, 154
 Hendricks, John 72, 132
 Hendricks, Ronald 72
 Henley, Molly 72
 Henrich, Robert 42
 Herd, Kimberly 24, 216, 218
 Hernandez, Rich 42
 Hernandez, Victor 34
 Hicks, Steve 56, 60
 Higgins, Frank 38, 212
 Higgins, Wanda 212
 Hilar, Maureen 192, 208, 212
 Hill, Lacey 72
 Hillmar, Greg 42
 Hills, Jackie 72
 Himes, Jennifer 24
 Hinegardner, T.J. 12
 Hines, Crystal 56, 60
 Hines, Diane 72
 Hinnant, Selvan 24
 Hitaffer, Thomas 72
 Hixon, Kelly 17, 24
 Hjiem, Eileen 6, 14
 Hobbs, Dianna 210
 Hobbs, Shawn 56, 60, 114
 Hoevulein, A. 56, 60
 Hofer, Elizabeth 72
 Hofmann, Hannah 72, 118
 Hogsett, Paula 56, 60
 Holcombe, Delores 24, 216, 218
 Holladay, Shannon 24, 42
 Holley, Robert 212
 Hollis, Phyllis 212
 Holloway, Adam 56, 60
 Holloway, Simo 34
 Holt, Christina 72
 Holtzman, John 72
 Honore, Patrick 56, 60, 110, 152, 216

Hopkins, William 72
 Horn, Steve 24, 110, 216
 Hornback, Frank 72
 Hornback, Wendy 12, 24, 116, 142, 216, 218
 Howard, Alvin 212
 Howard, Sean 34
 Howard, Walter 72
 Huffstickler, Christina 24, 216, 218
 Hughes, Kevin 72
 Humbles, Michelle 56, 60
 Humes, Jeremy 56, 60
 Hummel, Ana 72, 174
 Hummel, George 24, 98, 156, 166, 216, 218
 Humphries, Lisa Maries 56, 60
 Hunsaker, Nathan 56, 60, 110, 150, 206
 Huynh, Tin 56, 60

Ice? What ice? January 14th 1995, was a record high day - 72 degrees (F).

Imaca, Telma 72
 Ingle, Tim 56, 60
 Ivey, Vivian 212

Jackie Kennedy died at the age of 63 at her home in New York. World mourned.

Jackson, Anita 212
 Jackson, Channa 24, 92, 156, 216, 218
 Jackson, Darnell 110
 Jackson, Delmar 56, 60
 Jackson, Jessica 92
 Jackson, Michelle 24
 Jackson, Tryone 150
 Jacoby, Ryan 12, 18, 24, 110, 166, 216, 218
 Jahnke, Lisa 56, 60
 James, Billy 152
 James, Stanley 150, 206
 Jarabak, Besty 72, 94, 190
 Jarabak, Emily 176
 Jaspin, Jessica 56, 60, 186, 206
 Javid, Shawana 72
 Jean, David St. 30, 144, 186
 Jenkins, Shawn 210
 Jocewicz, Justin 56, 60, 156, 188
 John-Williams, Edwina 78, 118
 John-Williams, Moira 18, 26, 150, 166, 216, 212
 Johnson, Antonio 26, 56, 60
 Johnson, Desmond 56, 60
 Johnson, Herbert 26
 Johnson, Jevar 56, 60
 Johnson, Josh 72
 Johnson, Kevin 110
 Johnson, Merl 72
 Johnson, Miranda 8
 Johnson, Owen 96
 Johnson, Raheem 34
 Johnson, Samantha 72
 Johnson, Terry 152, 190
 Johnson, Tim 26
 Johnson, Tony 6, 14, 176
 Johnson, Vashona 56, 60, 62
 Jones, Amber 26, 184, 186

Jones, Billie 110, 188
 Jones, Darci 56, 60
 Jones, Jennifer 26
 Jones, Kieth 110, 208
 Jones, Shirley 212
 Jones, Stephanie 44
 Jones, Taherra 26, 96
 Jones, Terrell 72, 80
 Jones, Themba 56, 60, 150
 Jones, Winifred 34
 Jordan, Aaron 212
 Jordan, Brian 56, 60, 110
 Jordan, Lashanda 72
 Jordan, Misty 44
 Jordan, Tiffany 26, 142, 216, 218
 Jordon, Michael 56, 60
 Jordy, Rosalie 210
 Juggins, James 72
 Justbuddy, Antwan 72

King, a mentally disturbed young woman, was found partially eaten by lions at the National Zoo.

Kafouros, Stacy 26
 Kamara, Abdul 44
 Kamara, Isaac 56, 60, 144
 Kamara, Ishmael 72
 Kane, Justin 44, 152
 Kane, Travis 72
 Karimi, Adnan 62
 Karlberg, Helene 142
 Kaschak, Tim 44, 144
 Katsarelis, Kristine 26
 Kearney, Dan 214
 Kearney, Shaun 144
 Keen, Rachel 4, 56, 60
 Kell, Elizabeth 56, 60
 Kell, Misty 26, 216, 218
 Kellett, Thomas 56, 60
 Kelly, Chris 72
 Kennedy, Dale 72
 Kennedy, James 72
 Kent, Ethan 152
 Kent, Meghan 108, 142
 Kern, Ben 44
 Keys, Joshua 56, 60, 152
 Khamar, Ismael 150
 Khan, Aman 72
 Kidd, Tommy 56, 60
 Kidwell, Adrian 26
 Kim, Min 26, 204, 216, 218
 Kimber, Robert 26
 Kimble, Barendia 26, 44, 216, 218
 King, Bronson 210
 King, Keith 152
 King, Melissa 44
 Kinikin, Stephanie 72, 122



Kinson, Amanda 72, 118
 Kirkland, Latoya 72
 Kirkpatrick, Melissa 72
 Kittell, John 214
 Klakourek, Jay 44
 Kleinhample, Sara 72
 Klinehample, Sarah 114, 156
 Klugh, Melvin 184, 214
 Knight, Brandy 26, 216, 218
 Knoppel, Raven 72
 Knott, Oosy 72
 Koontz, Benjamin 56, 60
 Koontz, Michael 26, 150
 Korneder, John 44
 Kornicker, Steve 56, 60
 Krass, Holly 18, 26, 216, 218
 Kruger, Jamieson 44
 Ksanznak, Christine 26, 216
 Ksanznak, Joe 56, 60
 Kubiak, Virginia 214
 Kuhn, Timothy 72
 Kuhns, David 56, 60, 152
 Kuo, Annie 142
 Kurylo, Thomas 44, 158, 206
 Kwiatkowski, Chris 26, 108, 156, 182
 Kwiatkowski, Thaddeus 56, 60, 206

“Lion King” was re-released a few months after being a box office smash. Made a few extra million.

Lacosta, Leonor 56, 60
 Lacy, Dre 56, 60
 Lake, Penny 214
 Lambert, David 190
 Lambert, Michael 72
 Lamberton, Chris 44, 110
 Lamberton, David 44, 110
 Lamont, Jennifer 26, 100, 184, 216, 218
 Lamy, Cavelle 72
 Landers, Becky 150
 Lane, Dominic 34
 Lanza, Nancy 214
 Larson, Erik 26, 152
 Laskey, Katie 26
 Latimer, Jason 26
 Laursen, Chrissy 44
 Laursen, Tammy 72
 Law, Jeremy 56, 60, 62
 Lawhorn, Norman 72
 Lawter, Amy 72
 Lawter, Jessica 44
 Leach, George 72
 Leach, Heather 56, 60, 202
 Leggett, Carolyn 204, 214
 Leggett, Clarence 214

Leiter, Melissa 72
 Leiva, Zurich 142
 Lester, Gina 26, 100, 216, 218
 Letendre, Brian 44, 90, 144
 Letendre, Justin 72
 Leven-Berry, Rashad 56, 60
 Lewis, Alisha 68, 72
 Lewis, Gregory 56, 60
 Lewis, Juliet 34
 Lewis, Richard 56, 60
 Licata, Tim 56, 60
 Lightfoot, John 72
 Ligon, Delphia 210
 Limerick, Troy 72
 Liming, Ange 56, 60, 142
 Linder, Damien 34, 216, 218
 Linder, Jared 72, 76
 Linder, Jerel 72, 76
 Linder, Seneca 56, 60
 Lindsey, Quinlin 56, 60
 Linegar, Cameron 44, 144
 Linegar, Catrina 58, 118
 Litzinger, Samantha 74
 Livingston, Chrissy 50, 58
 Livingston, Crissy 58
 LoPresti, Blake 82
 Lopresti, Livingston 44
 Lorenz, Michelle 44
 Love, Kelly 74
 Lovett, Rachael 74
 Lovic, Regina 44
 Loy, Daven 34
 Lucian, Dimarie 74
 Lundy, Melissa 44
 Lynch, Diamond 44
 Lynch, Matthew 2, 26, 218, 216

Many thousands of shoes were placed on the lawn of the Washington Monument to represent the children killed by violence. Shoes were later donated to the needy.

MacCallum, John 26
 Madagan, Angela 34
 Maddox, Jenni 74
 Madison, Nelson 38, 44
 Maguire, Barry 186, 214
 Mahan, Lindsay 50, 58, 62
 Mahaney, Augustus 34
 Mahaney, Butch 18
 Major, Anitra 44
 Major, Helena 74
 Maloney, Betsy 214
 Malter, Christopher 26, 86, 126
 Malter, Robyn 74, 114
 Mammen, Irene 44
 Mankhala, Phon 58
 Manzanares, Joe 62
 Mapleh, Marcus 74
 Marbaker, Timothy 26
 Marchand, Eugene 86
 Marcos, Neven 44
 Marhard, Eugene 74
 Marion, Cathy 74
 Marion, Emanuel 74, 80, 132
 Marks, Adrienne 74

Marr, Kristen 74
 Marshall, Dana 74
 Marshall, Joyce 58
 Marshall, Kendra 74
 Marshall, Mike 74
 Martin, Amanda 38, 44
 Martin, Keith 44
 Martin, Ray 74, 132
 Martin, Robin 44
 Martin, Sheri 26, 180, 216, 218
 Martinez, Eric 144
 Marvel, Tiffany 74
 Masino, Jean 210
 Mast, Kevin 58
 Mattfeld, Nancy 214
 Matvay, David 58
 Maupin, Patrick 74
 Mayberry, Cara 44, 156, 158, 206
 McCarty, Christopher 18, 26
 McCormick, Ebony 26
 McCory, Lauren 200
 McCosco, Melanie 26
 McCoy, Laurie 74
 McCoy, Terrence 58, 110
 McDonald, Delroy 44, 110
 McDuffey, Adia 58, 186
 McGovern, Jack 144
 McGovern, Mary Ann 15, 94, 154
 McGovern, Maureen 154
 McGrath, Tommy 38, 40, 110, 132, 158, 166
 McGuire, Brian 38, 44, 100
 McGuire, Jenna 8, 12
 McKayhan, Jenell 58
 McMelveen, Monique 74
 McMillan, Tenika 58



Q: What is a student's best friend in the hallway? **A:** A hall pass, just like the one Mona Brown flashed as the YB staff passed by her.



McMullen, Dave 44
 McNally, Andrea 74, 96, 124
 McNeil, Megan 74
 McPherson, Kyle 58, 110, 206
 McReynolds, Jasmine 26
 McWilliams, Tekisha 74
 Meadows, Eugene 132
 Meares, Jason 74
 Medina, Joe 74
 Meek, Tia 82, 176, 202
 Meeks, Joyia 44, 124
 Mehayoddin, Anita 44
 Melice, Joey 26
 Mendez, Emelio 74
 Mercado, James 82, 176, 184, 186, 216, 218
 Merced, Marinell 44
 Merrill, Randy 18
 Merrill, William 26
 Merritt, Krista 34
 Merrix, Donny 150
 Merrix, Lisa 74
 Merrix, William 44
 Merryman, Patrick 74
 Meyer, Jody 34
 Meyer, Landon 74, 80
 Meyer, Scarlett 44
 Meyers, Virginia 72, 74
 Miller, Christy 44
 Miller, Gloria 214
 Miller, Jackie 44
 Miller, James 74
 Miller, Shaun 34
 Miller, Tammy 26
 Milligan, Jennifer 44, 110
 Mills, Jon 58
 Mirkovich, Teresa 26, 186, 216, 218
 Mitchell, Derrick 74

Mitchell, Robert 26
 Modell, Ashley 58, 114, 154
 Modell, Jennifer 114
 Modesto, Lucien 28
 Moller, Sandy 214
 Montengro, William 74
 Moore, Brandy 74
 Moore, Lacreitia 28
 Morales, Carlos 74
 Moran, Laura 74, 122
 Morgan, Amber 74, 156
 Morgan, Crystal 74
 Morgan, Kevin 44
 Moros, Jacelyn 28, 142
 Morrell, Cynthia 214
 Morris, Shaunte 28, 206
 Motley, Richard 58
 Moul, Peggy 58
 Mullins, Donna 74
 Munoz, Hope 34
 Muro, Allen 28
 Murphy, Joseph 28
 Murphy, Natasha 58
 Murray, Jessica 44

Newt Gingrich was elected as a Republican to Speaker of House. He established a contract with America to improve government.

Namata, Christie 74, 156
 Narvaez, Suhail 44

Nassick, Daniel 74
 Nation, Heather 44
 Neal, Michael 28
 Nelson, Camille 28, 82, 186
 Nelson, Teddy 64, 74
 Nestico, Jenny 58
 Nettles, Maleeka 74
 Neuhard, Debbie 208, 214
 Newby, DeJonoba 28
 Newey, Brooke 28, 216, 218
 Newey, Patrick 74
 Newman, Erin 58
 Newman, Jennifer 74
 Newsome, Olivia 74
 Nichols, Michelle 142
 Nichols, Tommy 38, 44
 Nicolson, Michelle 28, 124
 Nieves, James 1, 74
 Nightingale, Victoria 42
 Nix, Jeni Ruth 28, 204, 216, 212
 Nix, Josh 74
 Nixon, Ernie 210
 Noto, Vic 28, 152
 Notyche, Conrado 50, 74
 Novitsky, David 74
 Novogradac, Matt 74
 Novogradac, Nicholas 28
 Nugent, Melodie 44
 Nugent, Tim 74

O. J. Simpson trial for the alleged murder of his ex-wife and her friend became a legal soap opera.

O'Brien, Tony 74, 154
 O'Neil, Joshua 74
 Okuly, Ryan 58
 Orr, Sam 58
 Ortiz, Mercedes 142
 Osborn, Steve 114, 154
 Osborn, Walter 58, 62
 Osina, Eli 58, 110, 174
 Ours, Eston 58
 Outerbridge, Chavonne 36, 58, 118
 Outlaw, Christopher 34
 Overton, Johnny 44
 Owens, Ladonna 76
 Oxendine, Mike 58
 Ozguc, Melissa 58

Panther "Rim Masters" broke the century mark twice on their way to a state championship.

Padro, Jose 58
 Parada, Melvin 58, 144
 Parker, Becky 142
 Parker, Chaunta 44
 Parker, Frederick 28, 110
 Parker, Karhonda 76
 Parker, Kurita 76
 Parker, Kurtia 98
 Parker, Nicholas 58
 Parker, Nicoise 34
 Parker, Rickey 150
 Parker, Samuel 44
 Parker, Steven 76
 Parks, Tawanda 28
 Parr, Trish 156
 Parrish, Giselle 58
 Paterson, Kristin 38, 44, 142
 Patterson, Nikki 114
 Paugh, Greg 58, 150
 Paulus, Richard 76
 Pavia, Jayme 18, 28
 Paxton, Christina 76
 Payne, Wendy 76
 Pearson, Angie 58
 Peck, David 18, 28, 110, 132, 216, 218
 Peckham, Sarah 28
 Pence, Jacob 34
 Pence, Steven 76, 206
 Perez, Emilio 28
 Permitter, Gerard 58, 150
 Persse, Jamie 34
 Petrovitch, Mary 76, 156
 Phayvanh, Sarika 44
 Phayvanh, Vannora 58
 Philipppy, Jason 28
 Phillips, Stephanie 76, 156
 Phisudalak, Syvong 28



Independent living takes a lot of planning and preparation. Potomac offers students like Kristine Shin an opportunity to do both.





What's in a face? Your right! It does depend on the face; however, if you look closely you will see some of life's winners- students who dared to try.

Pilkington, James 58
Pina, Crystal 76
Ping, Darrell 58
Plaughter, Kelly 28
Poe, Kari 28
Polastre, Shevonne 44
Poole, Christopher 34
Poole, Nathan 28
Portaluppi, Alex 58, 206
Porter, Alvin 28
Pospisil, Laura 76
Potter, Andrew 76
Poulsen, Eric 76
Powell, Tracie 28, 44, 216, 218
Powers, Erica 28, 216, 218
Powers, Felecia 58
Powers, Nanika 76
Pracht, Eileen 34, 216, 218
Pratt, Melissa 28
Prespare, Ellen 58, 86, 96, 174
Preston, Ray 144
Price, Denisha 58
Priestly, Lindsey 118
Pritt, Carrie 76
Puma, Kauna 44
Puna, Cristian 58
Purtell, Mark 100, 214

Quash, Lovevenia 214
Queen, Jimmy 6, 14, 17, 44
Queen, Quincy 18, 28, 92, 110, 218
Quinlan, Leslie 76
Quinn, Donald 58

Resting up! Major league baseball players took a "time out" to strike for better wages. President got involved.

Rae, Azure 142
Ragland, Leon 174, 190, 214
Raheem, Makim 76
Raheem, Zarinah 28, 218
Raheem, Zarinch 216
Rahi, Rita 44
Raiford, NA-A 28
Rakes, Jeremy 58, 86, 154
Raley, David 76
Raley, Tim 152
Rallis, Tracy 44
Raniella, Jimmy 58
Raniella, Sean 44
Ransom, Brandy 64, 70, 76, 118, 158
Rasmussen, Jerimiah 28
Rasmussen, Thaddaus 76, 132
Rathare, M. 76
Rathbone, Katie 76, 154
Ratley, Mary 28
Reagan, Tim 6, 14
Reaves, Ron 76

Redmon, Antoine 50, 58
Reed, Tonya 118
Reedy, Philip 28
Reid, Crystal 58, 142, 156
Reilly, Erin 76
Reinhart, Kelly 46, 110
Reiser, Bonnie 76
Reiss, John 46
Renner, Brock 76
Reynolds, Cassandra 34
Reynolds, Jennifer 58, 122
Rhodes, Eddie 58
Rhodes, Jacqueline 214
Rice, Kenny 58
Rich, Priscilla 28, 126, 216, 218
Richards, Cameron 58
Riddle, Brandy 58
Ridley, Mike 76
Rinker, Stephanie 50, 58, 62, 96, 142
Rison, Michelle 76
Rivera, Angel 28, 216, 218
Rivera, Rainier 58, 62
Rivera, Robert 58
Roach, Joyce 214
Roberson, Audra 36, 62, 118
Roberts, Rolan 46, 138
Robertson, Fred 76
Robertson, Michael 46
Robinson, Chris 132
Robinson, William 76
Rodillo, Richie 76
Rodriguez, Victor 46
Rogers, Brandon 76
Rogers, Evola 28
Rollis, Tracy 36
Rollison, Sarah 30
Roop, Crystal 46

Roor, Chris 76
Rose, Gary 30, 216, 218
Rose, Jennifer 76
Rose, Sherell 76
Ross, Anthony 30
Ross, Mark 176
Rowe, Sherrell 74
Roy, Jason 188
Roy, Robert 76
Roy, Robin 76
Ruddle, Amy 30, 82, 100, 216, 218
Ruhren, Jodi 76
Rumble, Tonia 46, 86
Rumph, Jake 184
Russ, Jonathan 76
Russel, Kenric 144
Russell, Jennifer 76
Russell, Nathan 46
Ruston, Alexandra 214

Susan Smith pleaded with viewers to help find her children just before she was arrested for drowning them.

Sabastoni, Joe 214
Sablan, Eunjee 46, 156
Sackett, Amanda 46
Sadler, Corrairie 214
Safford, Dominique 76
Saliski, Robert 206
Salmeron, Julia 76
Samantha, Freeman 122
Sampson, Kari 76
Samuels, Tina 76
Sanderson, Virginia 30, 92, 216, 218
Santiago, Emily 30
Santiago, Lisa 34
Savage, Carol 46, 122
Scarr, Don 190, 214
Schneider, Rosemary 214
Scoleri, Margaret 214
Scott, Bridgette 30, 182
Scott, Devonn 76
Scott, Jarius 76
Scott, Jeremy 30
Scott, Kathy 214
Scott, Kena 72, 76
Scott, Roger 30
Seballos, Yvello 46
Secord, Carol 214
Seemiler, David 76

Quarterback Schuler got a mega-million contract and flew the bench.



Sekhon, Daman 30
 Senecal, Tamara 30
 Shafeek, Nasira 46
 Shalawyo, Greg 72
 Sheehy, Ryan 30, 86, 126
 Shehada, Samer 30
 Shelada, Husien 76
 Sheppard, Karen 214
 Shields, Stephanie 30, 94, 124, 216, 218
 Shifflett, Michael 30
 Shin, Kristine 34
 Shively, Sally 54, 182, 214
 Shoffner, Curtis 30, 86, 126, 216, 218
 Shores, Mark 76
 Shubargo, Tim 110, 132
 Siddig, Telal 46, 132
 Silence, Ben 62, 110, 132
 Simmons, Calvin 34
 Simmons, Harold 76
 Simmons, Jimmy 110
 Simmons, Junior 110
 Simmons, Michael 154
 Simons, Diane 132
 Simonson, Michael 76
 Sinclair, Chris 46
 Sinclair, Michelle 30, 216, 218
 Singh, Shivaulie 46
 Sisk, Belinda 206
 Skidmore, William 18, 30, 206
 Skillin, Amy 76
 Skipper, Chasity 46
 Skocz, Ryan 144
 Slater, Pam 8
 Smith, Antonia 36, 46
 Smith, Brian 156
 Smith, Chanel 78
 Smith, Darren 30

Smith, Ephasia 118
 Smith, Erin 78
 Smith, Jeffrey 78
 Smith, Jeremy 30
 Smith, Kim 122
 Smith, Kurt 78
 Smith, Richard 30, 86, 126, 216, 218
 Smith, Sharon 30, 216, 218
 Smith, W. 46
 Snyder, Rebecca 214
 Snyder, Ronald 78
 Soares, Shameeka 17, 30, 92, 108, 150, 188, 216, 218
 Sobers, Shane 30, 126, 216, 218
 Solie, Kelly 78
 Soloman, Dan 30, 206, 218
 Soloman, Michael 150
 Solomon, Daniel 216
 Solomon, Mike 78
 Song, Mark 30, 18
 Sorrell, Jennifer 78, 86
 Sorrell, Kenny 30, 86, 126, 216, 218
 Sotelo, Carlos 36, 46, 86, 126
 Soto, Roberto 78
 Soundara, Litsala 78
 Sowala, Susan 46, 122
 Spain, Nikki 124
 Speights, Niesha 46, 156
 Spence, Christina 78
 Spence, Tina 156
 Spicer, Amanda 78
 Spilker, Mandy 146
 Spilker, Tray 30, 110, 166
 Spitier, Christopher 78
 Sprague, Jen 46
 Sprague, Seth 46
 Spraker, Greg 216, 218
 Spraker, Kimberly 78

Sproesser, Julie 78
 Spurlin, Christopher 30
 Stadie, Dan 110
 Stadie, Jason 46, 114
 Stallworth, Carrie 78
 Stanley, Shannon 30, 180, 182, 216, 218
 Stanley, Sherri 50
 Stanley, Vicki 34, 46
 Staples, Natalie 124
 Starkey, Steve 86, 154
 Stecher, Mindy 78
 Steelberg, David 30
 Stephens, Correlus 78
 Stephens, Machaerus 34
 Stephens, Mark 150
 Stewart, Amber 78, 114, 154
 Stewart, Andre 78
 Stewart, Andrea 114
 Stewart, Jennifer 114, 174
 Stewart, Jenny 154, 182
 Stine, John 78
 Stinson, Warren 46
 Studevent, Nikia 38, 46
 Sugars, Sabrina 86
 Sullivan, Charisse 34
 Summerville, Stacey 78
 Sutherland, Bree 64, 78, 204
 Sutliff, Bobby 30, 132, 216, 218
 Sutliff, Danny 46
 Sutliff, Kelly 214
 Suzara, Andrea 78, 114
 Swanson, Cherilyn 30, 216, 218, 150
 Swanson, Jamar 150
 Sweeney, Kati 50, 61, 157, 184
 Sweesy, Mary 210
 Sweetje, Kathryn 142
 Swilley, Hollie 124

Sykes, Touja 46
 Synder, Scott 30

Talk show host, Rickie Lake, was arrested for chaining herself to fence of a fur coat factory to protest for better animal rights.

Tahan, Caren 46, 124, 182
 Talcott, Ashley 78
 Talde, Sheryl 46
 Tauch, Edward 46
 Taylor, Chris 156
 Taylor, Deena 124, 188
 Taylor, Florence 214
 Taylor, Leah 206
 Taylor, Lenny 78
 Taylor, Patrick 30, 216, 218
 Taylor, Shawn 30
 Testerman, Beverly 46
 Tew, Tina 34
 Tew, Trina 30
 Thayer, Ann 46, 156
 Thayer, Robert 144
 Theisen, Renee 46
 Theisen, Sharon 78
 Theodorakoglow, Theo 46
 Thomas, Angela 34
 Thomas, Chris 46, 154
 Thomas, Lurlisa 186
 Thomas, Pat 78
 Thompson, Fred 46
 Tinney, Joey 78
 Tirch, Brian 30, 150, 152, 216, 218
 Tolliver, Deon 62, 132, 156
 Tomasinski, Jessica 30, 184, 186
 Tran, Linhi 46
 Trawinski, Elizabeth 78, 154
 Trayusar, Elizabeth 156
 Trevino, Pete 78
 Tripplett, Elisha 36, 114, 118
 Truax, Denise 30, 216
 Truax, Stephanie 36, 46, 100
 Turk, David 46
 Turner, Kimberly 30
 Turner, Michael 78
 Twiner, Jackie 46, 156



United Staes hosted the 1994 World Cup Soccer games. Fans flocked to stadiums to support their favorites.

Sometimes scary things like grades are passed out to students. Tamara Hawkins hesitated, just for a second though, and found out she did OK.



Ulrich, Ryan 46, 110
Underwood, Kelly 82
Underwood, Kelly 46
Uribe, David 64, 78

Violence prevention in schools became a prime agenda item for parents, students and teachers. Many beefed up laws were passed to protect all.

Valle, Leo 12, 144
Valle, Thiago 46
Vandergiff, Charles 78
Vandesand, Scott 4, 30, 100, 152, 216, 218
Vansumeren, James 32
Vasquez, Jessica 78, 156
Vega, Jorge 32, 202
Venable, Ellis 46
Ventro, Jerry 34
Vialpando, Ray 204
Vialpando, Raymond 32
Villanueva, Vincente 32, 34
Villareal, Michelle 32
Villaveal, Kristine 78
Villeda, Erica 200, 206
Vongphakoy, Phayarith 78
Vongphakoy, Sue 46

Woodstock '94 drew over three hundred thousand people to New York for a 90's update of the first Woodstock.

Waddler, Tasheka 150
Waddler, Tesheka 78, 118
Wade, Gerald 32
Wade, Jerry 82
Wagner, Adam 46
Wagreich, Richard 46
Wahala, John 4, 32, 152, 182
Waite, Sunhee 46
Wakefield, Carol 10, 184, 214
Wakefield, Carolyn 184
Wakefield, Chris 12, 156
Walker, Kristopher 32
Walker, Michelle 32, 122, 216, 218
Wallenius, Brian 46
Waller, Kareem 46
Wang, Christina 78
Wang, Natalie 32, 98, 216, 218
Wanger, Jessica 46, 114, 154
Warren, Donald 32, 144, 216, 218
Warren, Jerome 46, 158, 180
Washburn, Susan 142
Washington, April 78
Washington, Darius 32, 34
Washington, Keesha 62
Washington, Michael 46
Washington, Shanta 78
Wateis, Genall 86
Waters, Genell 46
Watkins, Charlore 78
Watkins, Lucien 62
Watkins, Taneshia 32
Watson, Heather 78, 156
Watson, Miracle 32
Watt, Steven 210
Watts, Eric 46
Wears, Mike 78
Webb, Jay 216, 218
Webb, O.J. 110, 158, 190
Webb, Steve 110
Weber, Allan 202
Weberg, Alan 176
Webster, Christopher 62
Webster, Rhonda 32
Weeks, Alfredo 78

Some students just do a "grin and bear it" when asked about school, others like Jeremiah McCoy smile and tell everyone they love being here!

Weitzel, Theresa 6, 14
Wellman, Mathew 78
Welty, Pam 62
West, Joshua 32, 34
Westmorland, Lindsay 142
Wetherell, Lissa 62
Wheeler, Andrea 188
Wheeler, Christen 32, 122, 142, 180, 216, 218
Whetzel, Marlene 46
Whetzel, Orman 62
Whitehead, Patricia 62
Whitehurst, Deraun 78
Wider, Marta 78
Williams, Faheem 78
Williams, James 62
Williams, Shajuan 62
Williams, Shyree 72, 78
Williams, Tekisha 156
Williams, Tim 62
Williamson, Theresa 78, 156
Willingham, Tim 32
Willis, Joanne 214
Winn, Angie 86
Withers, Janell 78
Witt, Leslie 78
Wolf, Kristine 50, 62, 118
Wolford, Jeremy 32
Wolford, Robert 34
Wolter, Mike 152
Woltering, Elizabeth 78
Woltering, Harold 206
Wong, Christine 80
Wong, Natalie 166
Wong, Roland 32
Wood, Edward 132
Wood, Tanya 80

Woods, Edward 132
Woods, Lola 32
Woodson, Tommi 4, 32, 34, 142, 176, 180, 216, 218
Woolen, Everett 80
Wolford, Jeremy 110
Woolfrey, Clifton 80
Woolfrey, Crystal 80
Worthington, Virginia 32
Worthington, Wendy 36, 62, 118
Writt, Jerrod 62, 86
Wybersky, Dora 210, 214
Wynn, Jason 144

X-President Nixon died at his retirement home. Some mourned, while all remembered his ups and downs while in office.

Xavier, Al 32, 34
Xhema, Tony 214

Your wallet may have become thinner this year as a result of the national debt. National politicians promised to bring the debt down.

Yalch, Beth 80
Yalch, Dan 32, 92, 206
Yeager, Sheila 62
Yohey, Kevin 62, 110, 150
Yona, Sergio 80
Young, Bernadine 214
Young, Jason 186
Young, Michael 212, 214
Young, Mike 4
Young, Stu 62, 180

Zomething different came our way this year. Almost banned from the shelves, Zima became the beverage of the year.

Zapala, Ivette 80
Zelaya, Edwin 62
Zelaya, Porfirio 32
Zenteno, Jose 80
Zolman, Gary 176, 202, 208, 214

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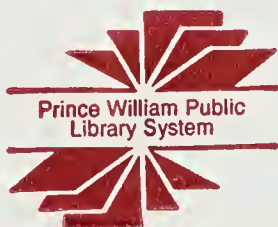
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